

MONGOLIA PY 2015 ADDENDUM



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1. Program Information

a. Staff

Program Director: Karina Plascencia

Email: Mongolia@learningenterprises.edu

Skype Name: Karina.P9

Mobile Number: (541) 979 - 9521

Mongolian Mobile Number: To be given at orientation

Biography:



Karina graduated from Georgetown University in 2014 where she studied International Politics. Originally from Oregon, she began her encounter with LE after passing a flyer while walking to class that inspired her to apply to the LE Mongolia program after graduating. Karina taught English at Sant for four weeks and completely feel in love with Ulaanbaatar and her Mongolian host family and students. She jumped at the opportunity to be able to support the program and is hoping to be able to expand the program to other areas of Ulaanbaatar.

Some of her favorite memories in Mongolia include eating Tsuivan, going to the countryside, and teaching her Mongolians students the Wobble. She hopes that you are excited to participate in this amazing program and are prepared to go an amazing adventure.

Karina is currently a Consultant at Booz Allen Hamilton and is happy to answer any questions.

PD Responsibilities:

Coordinating sites, selecting volunteers, pre-service programming, arranging accommodations, conducting volunteer orientation, organizing in country

amenities, general assistance with problem-solving while in country, preparing next year's Program Director, ensuring a volunteers' successful service projects.



Country Coordinator: Enky Zurgaanjin

Email: enkhmunkhz@gmail.com

Mongolian Mobile: To be given at orientation

CC Responsibilities:

The Country Coordinator will co-conduct orientation and will serve as a partner to all the volunteers. Enky will always be available by phone and Internet.

b. Program History

The founding of LE's Mongolia program was very much so fate. A former board member and founding father of LE, Niko Canner, was in Mongolia this past year at the World Economic Forum. There, he met Enky Zurgaanjin (LE Mongolia's now-Country Coordinator), a member of the World Economic Forum Young Global Leaders program alongside Niko. Niko pitched the idea of LE Mongolia to Enky, who responded enthusiastically. State-side, PY 12's Managing Director, Nhaca Le, developed a personal passion for all things Mongolian. When she heard at LE's annual Board Retreat the potential for a pilot program in Mongolia, she jumped on the chance. 2015 marks the third year of the Mongolia Program. Program Director Karina Plascencia hopes to continue to improve the program and have another successful year.

c. Program Summary

Important Dates:

June 4th – PD Arrives

June 6th – Volunteers Arrive in country
June 7th – Volunteer Orientation and Walk through of school.
June 8th – First Day of Teaching
June 20-21st - Midpoint Break
July 3rd – Last Day of teaching
July 4th – Official end of LE Mongolia
July 11th – 13th – Naadam Festival

d. Orientation Overview

Orientation will take place in Ulaanbaatar. Before teaching, volunteers will be given a brief overview of Mongolia. This will help the volunteers to become more familiar with the school site and Mongolian culture.

School Information

Ulaanbaatar:
Sant School
23 Water Street 2 Khoroo
Sukhbaatar District
Ulaanbaatar City, Mongolia

School No. 1
14250 Seoul St,
Sukhbaatar District
Ulaanbaatar City, Mongolia

Classes will take place at the Sant School, a private, not-for-profit school in the heart of Ulaanbaatar. The second location is School No.1, a public school also in the heart of Ulaanbaatar. Host families will most likely drive volunteers to their teaching locations and will ensure they get home safely.

Teaching: Dress in the classroom: casual, no dress code, as volunteers will be teaching on the student's summer break.

Ages of students: From 8th to 11th graders who are somewhat proficient in English and interested in going to Universities abroad.

Number of students per volunteer: 25-30 students

Materials Available: Blackboard, access to printer, and if really needed Wi-

Fi. The school is very well equipped. If you plan to do listening exercises it is suggested you bring a speaker.

Student Demographics: Generally middle to low income students, many of whom are full need based as well as medal based scholarships. Some students are from the countryside and live with relatives in UB to attend the Sant School or School No.1.

A typical day of teaching will consist of class from 10-12, lunch from 12-1, and class from 1-4.

2. Country Information



a. General Information

Capital: Ulaanbaatar

Population: 2,966,294

Language: Mongolian

Currency: Togrog(MNT)

Ethnic Groups: 95% Mongols, 4% Kazakhs, 1% Other

Weather and Climate: June weather is generally mild, although early June

can still be cold. The weather should warm up in July, although it will never get truly hot. There is zero humidity, so expect beautiful clear blue skies every day! Bring a jacket, it can get cold!

Food and Drink: A typical Mongolian meal consists of beef or lamb, rice, noodles, potatoes, and carrots. The food is generally mild and not very spicy. **It may be difficult for strict vegetarians to fare well in Mongolia, as vegetables are expensive and can be hard to come by.**

Language: 90% of Mongolians speak Mongolian, 10% speak Russian or Turkic. You are not expected to know any Mongolian to qualify as a volunteer; however, basic Mongolian is helpful and upon acceptance to this program you will be expected to learn some basic Mongolia before arriving in-country.

Culture/Religion: Religious composition: Buddhist Lamaist 53%, Shamanist and Christian 4%, Muslim 3%, none 40% (National Census 2010)
Ethnic Composition: About 95% Mongols, 4% Kazakhs, and 1% Other (National Census 2010)

Security Concerns: There are currently no warnings posted by the US State Department. Please check this page regularly in the case that something may arise:

[HTTP://TRAVEL.STATE.GOV/TRAVEL/CIS_PA_TW/CIS/CIS_973.HT ML](http://TRAVEL.STATE.GOV/TRAVEL/CIS_PA_TW/CIS/CIS_973.HT ML)

As of 12/3/2012, there have been no significant acts of terrorism or extremism in Mongolia, and there are no regions of instability in the country. However, you are advised to avoid all protests, including political protests, and street demonstrations that occur occasionally in Ulaanbaatar, since demonstrations may become violent at any time.

b. Medical Concerns

Medical facilities in Mongolia are very limited and do not meet most Western standards, especially for emergency health care requirements. Many Brand name Western medicines are unavailable. The majority of medical facilities are located in Ulaanbaatar. Medical facilities and treatment are extremely limited or non-existent outside of Ulaanbaatar. Doctors and hospitals usually expect immediate payment in cash for health services.

Infectious diseases, such as plague and meningococcal meningitis, are present at various times of the year. Tuberculosis is an increasingly serious health concern in Mongolia. For further information, please consult the CDC's information on TB. Sanitation in some restaurants is inadequate, particularly outside of Ulaanbaatar. Stomach illnesses are frequent. You should drink bottled water and use other routine safety measures to protect your health.

Serious medical problems requiring hospitalization and/or medical evacuation either within Mongolia or to other countries are extremely expensive and can cost more than \$100,000. Evacuation companies will not take you to another location without a full fee guarantee beforehand. Please note that not all insurance companies provide medical evacuation coverage for Mongolia. Please check with your insurance provider before traveling and consider supplemental medical or travel insurance. Currently, SOS Medical Mongolia UB International Clinic is the only clinic that has medical evacuation services in Mongolia.

Local hospitals generally do not contact the Embassy about ill or injured U.S. citizens in their care. If you need assistance from the Embassy, you should ask the doctor or hospital to contact the U.S. Embassy in Ulaanbaatar.

You can find good information on vaccinations and other health precautions, on the CDC website. For information about outbreaks of infectious diseases abroad, consult the World Health Organization (WHO) website. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

[U.S. Embassy Ulaanbaatar](#)

Micro Region 11, Big Ring Road, Ulaanbaatar, Mongolia

Telephone: (976) 11-329-095

Emergency after- hours telephone: (976) 9911-4168

Facsimile: (976) 11-353-788

3. Guideline For Housing Accommodations/Homestays

a. General Information

The host families with whom Learning Enterprises works are self-selecting

and are excited to have foreign students live with them. They see it as an opportunity to learn about other countries and cultures as well as a chance to improve their own English skills (you will probably have host brothers or sisters – if not host parents! – who are studying the language). Be kind, considerate, and gracious. Your host family will accommodate you as best as they can, but also remember that you are a guest in their house. Make an effort to communicate with your host parents and host siblings, even if the language barrier prevents you from having long philosophical conversations. Gestures and facial expressions are universal and usually get the message across. Learn a few words in Mongolian and use them whenever you can.

Your host family will greatly appreciate your attempts to understand their culture! Spend time with your host family. Although they will encourage you to get to know your students as well as your peers in the village, they will also want to get the chance to see you. Don't use your host family's house simply as the place where you eat and sleep.

Follow the rules that your host family outlines for you (if they don't give you any, use common sense). Don't challenge your host parents if they tell you that you can't stay out past hour X or if you should avoid going to Y.

Even if you think that something they tell you might be unreasonable (such as keeping your distance from certain people), understand that disregarding their advice shows utmost disrespect to them. Make sure that your host family knows about your plans ahead of time. If you accept a student's invitation to dinner at her/his house or plan to spend the weekend traveling, let your host family know. If you have serious conflicts with your host family, please contact your Program Director or country coordinator immediately!

b. Excursions

It is important to keep in mind that the main purpose of this trip is to serve. To that end, excursions and sight seeing will be mostly focused on cultural exchange and learning; what free time you do have should be spent with your host family and/or students. You will have the opportunity to shop and explore during orientation and the post-service wrap- up but during your teaching, you are not permitted to leave the town for more than one night.

3. Preparation For Your Trip

a. Flights

Buy your ticket as early as possible, as prices tend to increase rapidly. Let your fellow volunteers know about any cheap flights you find. Though there are probably as many sites as there are flights you can take, some good places to start looking for cheap student flights include:
momondo.com, webjet.com, skyscanner.com

b. Passports & Visas

Passports:

Everyone must have a valid passport to travel. If you do not have a passport, start the process now they may take a while to process. Your passport should be valid up to six months after the trip is completed. If you are not a US or UK citizen, please let the Program Director know.

Visas:

Luckily, a visa is not required if you are visiting for fewer than 90 days.

c. Health and Safety

Bring all of your prescription medications for the summer. It will be difficult to obtain any refills. Routine vaccines are suggested for all international travel. I assume that you were required to have these to attend university, but these include measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, Hepatitis A (or immune globulin, IG), influenza, chickenpox (or varicella), measles/mumps/rubella (MMR), Hepatitis B, and the rabies vaccination.

All LE volunteers are advised to also consider bringing:

- Iodine tablets and portable water filters to purify water if bottled water is not available. See [Preventing Cryptosporidiosis: A Guide to Water Filters and Bottled Water](#) and [Safe Food and Water](#) for more detailed information.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays. See [Skin Cancer Questions and Answers](#) for more information.
- Antibacterial hand wipes or alcohol based hand sanitizer containing at least 60% alcohol.

d. Insurance

Learning Enterprises requires that all participants have valid insurance coverage that will cover them while in country. Check your existing plans (ask your parents or call your insurance company) and many of you will find

that you already have international travel insurance or at least an international coverage policy called "airlift", or "international evacuation coverage." Basically, this policy means that you are covered should something serious happen to you and you need to be flown either back to the US or to a nearby hospital facility in your volunteer region. If you do not have international coverage, a good temporary travel insurance is STA international student travelers insurance (www.statravel.com or www.statravel.co.uk) or CISI international student travelers insurance, though feel free to shop around. Most importantly, we don't want to see anyone stuck in a situation where they have no way of covering medical treatment. Be smart - get an international insurance plan. Let us know if you have any problems and we'll be happy to provide whatever advice and answers we can. However it is not uncommon to be in a medical situation where you cannot activate your insurance coverage at the time of treatment. Have an extra \$500-1000 (£250--500) available to you in a checking (current) account, or a credit card which you can put expenses on even if you don't have the money, in case of emergency. Often when you are treated for any illness or injury abroad, you cannot be reimbursed immediately with your insurance coverage. Instead you pay for these treatments yourself, keep the receipt, and then file for a reimbursement with your insurance company.

e. Packing List

Pack light! It is very possible that you will be travelling around from site to site. It makes it much easier for us to board a taxi and ride a train. LE suggests that you pack in a large backpack or duffle/hold-all. Additionally, pack extra clothing and prescriptions in your carry on whenever traveling. In addition, you want to leave extra room for souvenirs to bring back.

Clothes:

Let's Go has an excellent piece of advice: lay out only what you absolutely need, and then take half the clothes. Simplicity is key. Take the kinds of clothes that you would be comfortable wearing for days on end: basic shorts, t-shirts, and long skirts (women). Do not take anything fancy or anything that is not compact and easy to hang dry.

- The basics: a sweatshirt, five or six t-shirts, three or four pairs of shorts, and a couple pairs of pants/skirts, socks, underwear, and pajamas.
- A pair of shoes to wear every day. Make sure that you have shoes that are sturdy and comfortable enough for sightseeing and walks around your

community. Make sure you have something that is water resistant as it can rain in the summer from time to time.

- A somewhat nice outfit (a button- down shirt to go with your pants for the guys, a skirt for the girls). You might have a formal occasion in the community. You do not need anything super dressy – anything nicer than a t- shirt will do. You also might want to take a pair of nicer shoes.
- Bring one larger towel for showering and a smaller towel for hands and face.

Hygiene/Medical Items:

- Toothbrush & toothpaste
- Razor & shaving cream
- Deodorant/Antiperspirant (make sure you bring these...some places outside of the states do not have these things at all)
- Shampoo, conditioner, soap.
- Hand sanitizer
- A roll of toilet paper or pack of tissues for public restrooms (toilets) (Do not assume that toilet paper will be there!)
- Feminine Products (Tampons can be awkward to purchase or hard to find)
- Sunscreen
- Mosquito repellent
- Glasses, contact lenses, contact lens solution (as well as a copy of your prescription) You should also put together a basic first aid kit that includes the following:
 - Aspirin/Advil/Tylenol (Paracetamol/ Ibuprofen)
 - Neosporin
 - Band Aids (plasters)
 - Dayquil (Day Nurse)
 - Tums (Gaviscon)
 - Diarrhea or upset-stomach medication
 - Allergy medication
 - Prescription medications (see Health & Safety)

Teaching Material:

You can plan on buying paper, notebooks, pens, markers and other supplies very affordably in Ulaanbaatar during orientation. You won't know what you will have at your site until you get there!

- Notebook (for lesson plans and other notes)
- Tape, markers and/or crayons.
- Map of the world and/or the United States (UK)

- Small ball and/or Frisbee (or something else to throw).
- Something small to give away as prizes. Music cds, novelty American items (peanut butter), “American” foods.
- Anything else from the local dollar store (the pound shop) or CVS that is fun, not bulky, and can be used in a lesson.
- Second hand children's books
- Magazines from the U.S. (UK). Try to get ‘younger’ magazines with pictures of celebrities (Tiger Beat, Teen People, etc.) (The Beano, Dandy, Twinkle etc). Of all the items on this list, you will probably get the most mileage out of these.
- Photos from home. These can be used in class and can be shared with people in the village and with your host family.
- Read over the teaching manual and see if any of the games/activities you would like to do require additional materials. General Items
- A small, school- sized backpack: This is nice for carrying teaching supplies and when traveling.
- A journal
- Gifts for your site coordinators. Nothing shows gratitude better than a small gift, especially if it says something about who you are or where you are from. People LOVE stuff from the US (UK), especially if it is specific to your hometown or region, i.e. books with photographs, calendars, t-shirts, etc.
- A camera. You will want to record all of your wonderful memories from this summer! If you have a film camera, try to buy all your film in the States (UK). It is a lot cheaper, especially if you buy it bulk. If you have a digital camera, make sure that your memory chip has enough memory.
- Your laptop. This is very helpful for lesson planning. I suggest backing up all your photos, work, and music before leaving, in the worst---°©-- case scenario where you may lose or get your laptop stolen
- (optional) A small travel pillow for traveling. You will be sleeping a lot in vans if we travel.
- (optional) A guidebook: The Lonely Planet, or Let’s Go are good options.
- (optional) A travel-sized dictionary/phrase book.
- (optional) A speaker to play English recordings for listening excercises.

NOTE: From the 2012 program, all of the students hope that they can use this opportunity to improve upon their TOEFL scores. Although LE

encourages all of the volunteers to come up with their own agendas, I advise you to get familiar with the TOEFL or bring a TOEFL prep book that you can work your lesson around. Essay writing and speaking is something all of us volunteers can really work around.

In addition, many are looking for general college prep and SAT prep. Many students want to study in the US and want to learn about the entire college application process.

Documents

- Passport! I recommend scanning it and keeping a copy in your email.
- Student ID: Good for occasional discounts. If you have an ISIC (International Student Identity Card), bring it. If not, do not get it unless you have to.
- Your Insurance Card
- Itineraries: Make sure to print all of your itineraries, especially the hostel information.
- Make sure that your parents have copies of all the documents that you plan to take with you (in case they're lost or stolen). You should also have copies for yourself that travel with you in case the originals are lost or stolen. It is especially important to travel with a copy of your passport. If you can scan them and email them to yourself, you will always have a copy easily accessible.

Things Not To Bring

DO NOT pack valuables. While danger of robbery exists in all countries, it can be particularly prevalent in poorer areas. Danger varies from country to country, but please do not bring anything on any LE program that you would be devastated to lose or damage. And just in case you guys forget....PACK LIGHT

Money and Banking

- Alert your bank that you will be traveling because some banks put a hold on accounts when cards are used abroad.
- Do not bring traveler's checks! They are hard to cash (especially if you are outside of major metropolitan areas), and most places will charge you exorbitant fees to cash them.
- The best way to get local currency is through ATMs. The Trade and Development Bank has plonked down ATMs at a few key locations in Ulaanbaatar, Darkhan and Erdenet. These ATMs accept Visa and

MasterCard and work most of the time, allowing you to withdraw up to T400, 000 per day. You may be charged a fee of \$1 to \$5 (~£2) per transaction, but the exchange rate is much better than what you would get from a currency exchange booth.

- It is a good idea to bring some cash as well (~\$100/ £50). This can be your emergency backup money. Make sure the bills (notes) are not torn, dirty, etc., or people won't take them. You might also want to buy a money belt from a travel store/agency in order to carry around some backup cash.
- The Mongolian unit of currency is the tögrög (T), which comes in notes of T5, T10, T20, T50, T100, T500, T1000, T5000, T10, 000 and T20, 000. The current conversion rate is around 1 USD to 1350 Ts.
- Plan on spending around \$100 at orientation.
- Plan on spending \$10 a day. Additionally, have \$500---°©-- 1000 (£250- 500) personal emergency funds available during the program. If you don't have this kind of money, we encourage you to get a credit card for emergencies only. If you get caught in an emergency, it is better to have a means to buy a ticket out (and deal with the costs when you get home) than be stuck in country.

Disclaimer for Addendum

Your host village in this program country is somewhere that can benefit from a volunteer English teacher. You should expect to be the only LE volunteer in your village (though in some programs, we do send two volunteers to one location). This means that you may not have direct access to an American. It may not be a very well-developed community, and the ease of transportation infrastructures is not the same as you could expect in a high-- functioning urban areas. Transportation varies country to country and village to village (consult the remaining portions of this addendum for info more specific to your host region), and most are connected by public bus routes. The frequency of the bus/train schedule will not be the same as in urban areas, and you should not rely on schedules or purchasing tickets via the internet. You will need to consult with your host family and PD when arranging transportation. In many but not all cases, host families own cars or share vehicles with neighbors/relatives. All villages have phones and internet connections, and many but not all host families have internet in their homes. For families who have Internet connectivity, it may not be the same level/consistency as in developed, urban area. Volunteers who are very concerned with being in touch all the time should invest in their own cellphones and you can talk to your PD about it. Villages will have access to

a medical clinic or hospital in the nearest larger city. Be prepared to live in a place with different social norms that may challenge and fascinate you. As a volunteer you need to be culturally sensitive and your host family may not have the same views as you. You should reach out to your Program Director or Director of Programming if you ever feel uncomfortable.

If you have any further questions, please do not hesitate to contact Karina at Mongolia@learningenterprises.org.