



## EL SHADDAI CHARITABLE TRUST

### **Volunteers Information Guide**

<b>CONTENTS</b>	
About Us .....	3
Volunteering with El Shaddai.....	5
Our Homes, Shelters, Units, projects etc.....	6
Prerequisites and Cost.....	8
Accommodation.....	9
El Shaddai Policy.....	10
What to do Next?.....	11
Arrival in Goa.....	12
At the End of Your Stay with Us.....	12
Useful Information.....	13

## Volunteer Information Guide

The map shows the coastline of Goa with various towns and regions labeled. Blue lines connect callout boxes to specific locations on the map. The callout boxes provide details for 15 different volunteer organizations, including their names, types of services, locations, operating hours, and contact numbers.

Organization Name	Service Type	Location	Hours	Contact Number
"Shanti Niketan"	Non-formal School	Assagao	10:00am - 3:00pm	0832 6513286/87
"Shekinah House"	Residential Home	Assagao	4:30 - 6:00pm	0832 6513293
"Roshni Nilaya"	Residential Home	Revora	4:30 - 6:00pm	0832 2211020
"House of Kathleen"	Residential Home	Assagao	4:30 - 6:00pm	0832 6513292
"House of Norma"	Residential Home	Assagao	4:30 - 6:00pm	0832 6513288
"Rainbow House"	Residential Home	Assagao	4:30 - 6:00pm	0832 6513294
"Tremara"	Community Centre	Chimbel	9158769612	
"Little Acorns"	Day Care Unit & Night Shelter	Calangute	Open Visiting	0832 6517191
"SCAN India"	Child Advocacy & Intervention	Panjim	0832 2461068	
"Victory House"	Residential Home	Saligao	4:30 - 6:00pm	0832 6513295
"Asha Deep"	Day Care Unit & Night Shelter	Panjim	Open Visiting	0832 6513297
"Ashraya"	Community Centre for Women & Children	Vasco	0832 6571699	
"Stepping Stones"	Day Care Unit & Night Shelter	Margao	Open Visiting	0832 6571697
"Goodnews"	Community Centre	Margao	0832 6570008	

## EL SHADDAI CHARITABLE TRUST (INDIA)

### **EL SHADDAI**

'Lord of Comfort, Provider of all'.

#### **Mission**

El Shaddai as a Christian organization exists to open Homes, Daycare centres and Shelters for all abandoned street children and for children coming from economically poor or broken families, providing them with the basic necessities of life, so developing their abilities, leading to a brighter future. We aim to establish support systems for the more vulnerable in our society. We conduct awareness & educational programmes including medical camps among the slum dwellers.

This results in new generations of Indian children being educated, to help them provide better lives for themselves and future generations.

Women are empowered and supported to become more independent and earn better livings for themselves and their offspring.

#### **Motto**

LOVING ~ CARING ~ SHARING

El Shaddai Charitable Trust (ES) is a registered Non-Profit, Non-Government Organization (NGO) Charity working in Goa and other states, implementing the Child Rights Act 2003/05 for Orphans, Street Children and children coming from economically desperate conditions; Children are cared for and provided with food, clothing, shelter and education, to give them a better future. We have Residential Children's Homes, Day Care, Night Shelters, and Cottages for the older young people who are now attending colleges, universities, technical institutions and professional training centres in Goa.

In addition, we have outreach projects in Karnataka, Tamil Nadu & Kerala. For further information, please see our website: [www.childrescue.net](http://www.childrescue.net)

Charity Registration Number in India	No. 9/Bk. IV/Vol.1
Charity Registration Number in the UK	1076768
Charity Registration Number in the US	501 (c) (3) US federal tax-exempt status
Charity Registration Number in Holland	108697
Charity Registration Number in Germany	1065/0964
Charity Registration Number in Norway	991137327
Charity Registration Number in Sweden	802469-154

The Indian Charity was formerly certified to ISO 9001:2000 in 2005

#### **Our Founders:**

Anita Edgar (UK & Goa)      [anita@childrescue.net](mailto:anita@childrescue.net)

Matthew Kurian (Goa)      [matthew@childrescue.net](mailto:matthew@childrescue.net)

#### **Volunteering at El Shaddai**

We need all types of volunteers to help us throughout the year. The role of the volunteers within the school is vital in providing individual attention to the children most in need. However, volunteers are needed at most of our Centres. Below are a few examples you how you could help us.

Volunteers are deployed according to the needs of El Shaddai and, where possible, utilize the volunteers' skills. Examples of this are helping the children with their studies; giving extra tuition for those who need it; helping our teachers and children with arts & craft or dressmaking; using health care and health education

skills; some help with sports like cricket, football and volleyball coaching, carpentry or masonry work. A great favourite is working in our Slum Schools.

During the week, you may find yourself helping in our School, one of our Shelters or Centre or in the slums. You may spend time in one of our Homes, helping to care for the children and interacting with visitors. Then you may be asked to help at our stall at the Wednesday Anjuna Flea Market. On Saturday and Sunday afternoons we have a beach programme, when we take our resident children to the beach for fun and games.

This is enjoyable, but also gives you an opportunity to promote El Shaddai to the tourists.

Whatever your skills, we would love you to come and join us; however spoken English is required in order to communicate effectively with us and our children. Please let us know when completing the volunteer application form what skills you have and what you would like to help us with; we will do our best to accommodate you. We're sure you'll find working with us very rewarding and fulfilling.

Please feel free to discuss your skills and interests with our Volunteer Coordinator or your national representative. Normally, you will be posted to one site for the majority of the month, so that you can build a meaningful relationship with the children.

To aid better efficiency in the volunteer programme, volunteers are asked to arrive on the first or third Monday in the month and to leave on a Friday. If this conflict with University term dates etc., please discuss alternatives with our Volunteer Co-coordinator.

## **OUR HOMES AND SHELTERS**

### **Homes**

- Victory House - Saligao, Goa (for boys aged 7 years- 10 years), opened in 1997.  
(Tel : 0832 6513295)
- Shekinah House - Assagao, Goa (for boys aged 10 years and above), opened in 1999.  
(Tel : 0832 6513293)
- Rainbow House - Assagao, Goa (for girls aged 7 years and above), opened in 1999.  
(Tel : 0832 6513294)
- House of Kathleen - Assagao, Goa (for girls and boys aged 2-6 years), opened in 2002.  
(Tel : 0832 6513292)
- Roshni Nilaya - Revora, Goa (for boys aged 7 years – 10 years), opened in 2014.  
(Tel: 0832 2211020)
- House of Norma - Assagao, Goa (for girls 7 years and above), opened in 2014.  
(Tel: 0832 65139288)
- Verna House - Bamborda Verna, Salcete, Goa (for boys aged 7 years- 10 years ), opened in 2017  
(Tel: 08322782672)

### **Day Care & Shelter Units**

- Asha Deep Day Care Shelter - Panjim, Goa, opened in April 2003.  
(Tel: 0832 6513297)
- Stepping Stones Day Care Shelter - Margao, Goa, opened in April 2005.  
(Tel : 0832 6571697)
- Little Acorns Day Care Shelter - Calangute, Goa, opened in October 2005.  
(Tel: 0832 6517191)

### **Community Centre's**

- Tremara Community Centre – Chimbhel, Panaji, Goa, Opened in March 2008.  
(Tel: 0832 6510717)
- Good News Centre - Margao, Goa, Opened in July 2011.  
(Tel: 08326570008)
- Ashraya Community Centre - Vasco, Goa, opened in November 2012.  
(Tel: 0832 6571699)

### **Cottages for older Boys and Girls**

- Colshaw & Harvest Cottage behind Victory House
- Laurel Cottage, Assagao
- Rainbow's End, behind Rainbow House
- 

### **Educational Units**

- Shanti Niketan - A Non-Formal and National Open School (for children in our care at the Homes), opened in June 2001.  
(Tel : 0832 6513296)

### **Other Projects**

- Faith Mission Child Care: Educational Project for Children (Kerala)
- Bethel Child Development centre in Adrahalli (Karnataka)
- Education Centre and Hostel in Mungod (Karnataka)
- El Shaddai Sports & Cultural Club (Goa)
- SCAN India- Provides sustainable, comprehensive services for children who are abused, children in need of care and protection and children in conflict with the law.
- Loan a Goat : Goat Project for underprivileged families and their children

- Wells for Life: Bore wells for underprivileged families and their children
- Gift A Cow: Cow Project for underprivileged families and their children

***Have we convinced you to volunteer with us? We hope so!***

**PREREQUISITES:**

- A DBS or Police check
- A good level of spoken English
- A willingness to adapt to the culture, work hard, help and make a difference

We have a responsibility to ensure all volunteers who work with us have a clear police check, this is in line with our Child Protection policy. Most of our children and staff have a good level of spoken English, so to enable communication; a good level of spoken English is a requirement.

Breakfast food items will be given to you so you can eat in your accommodation. Lunch will be provided at the Day Shelters.

At School a 'lunch pack' will be given. You cook your own evening meal, for which we provide basic foodstuffs, comparable to that provided in our Homes. If you wish to eat out or have more luxurious food that is at your expense.

**Cost:**

For the first 4 weeks of your stay we ask for a £500 donation, this is divided as below

- £100 will cover your accommodation
- £100 will cover your food
- £25 will cover the cost of your airport transfers
- £75 will cover the cost of induction and co-ordination
- £200 is a donation to the charity



For stays of more than four weeks, £100 (or equivalent) per week thereafter – this includes accommodation, food, coordination and a donation for the charity.

Please note: The equivalent amount of £500/£100 per week can be paid either in Dollars or Euros. Your place on the volunteer programme will not be confirmed until the money is paid.

### **Accommodation**

We try to keep males and females in separate properties but sometimes this is not possible. (Please clearly inform us if this is a requirement for you). Both of our properties are basic Indian standard.

The Volunteer Coordinator ( Johny P., Mob no: 9225901274 ) will take care of all your needs while you are with us; if you need any assistance, advice, require medical attention etc. please contact him/her. He will arrange airport transfer to your accommodation, food and your work programme.

### **Transport to and from the place of work**

Please be aware that driving conditions and practices are different to what you are used to. Bus fares are cheap depending on distance (no journey should cost you more than Rs 40). Be aware that Europeans do travel on the local buses, but if you are young and blond, you may have to be aware that you may receive unwelcome attention – just be polite and firm!

Scooters can be hired at your own risk; we can arrange this for you for approximately Rs 250 - 300 per day depending on the season. (Please note: If you do not hire the vehicle from El Shaddai then we are not responsible if any problems which occur). It is compulsory that you wear a helmet at all times which will be provided with the scooter.

## **El Shaddai Policy**

It is mandatory to comply with the following:

### **Dress Code**

To wear your ID badges at all times on site (this will be provided when you arrive, during your Induction).

Always wear suitable clothing whilst around our staff and children (cover your shoulders and knees). We will provide 2 T-shirts; these must be worn at all times while on duty with either three quarter or long trousers or skirt (not mini).

When on beach duty ladies should wear a top - El Shaddai T-shirt with shorts over your bikini/swimsuit. Men should wear swimming shorts, not trunks and a top El Shaddai T-shirt.

### **Always remove your shoes when entering our Homes.**

Smoking and / or drinking of alcohol is **NOT PERMITTED** when on duty or in any El Shaddai Accommodation.

### **Favouritism and Do's and Don'ts**

It is often difficult during your time with the children not to have "favourites". We always insist all children are treated in the same way, so please do not give anything to one child if you are not able to give to all the children in the Centre.

Please do not give any gifts or items to a child without first consulting the House In Charge or another member of staff in their absence. No gifts to staff or visits to staff homes as this cause distrust. Please be sensitive to the local culture at all times, remember if a single girl is left un-chaperoned with a man, they are considered to have been defiled and the family may disown them or worse.

Goa is one of the most westernized States in India, as well as being a highly lucrative tourist area. English is widely spoken and many westernized values and ideas influence daily life. However, the majority of our children come from other States, which have not been exposed to many of the western values we take for granted. The same applies to many of our staff and we would always ask you to be respectful and sensitive to their views and culture at all times.

**DO NOT** offer to take the children anywhere or spend time alone with a child without a member of staff being present as this is against our Child Protection Policy.

We are always ready to listen to new ideas; should you have any suggestions, queries or problems during your stay, please write them down and put them in the suggestion box provided or contact your Volunteer Coordinator.

Please **DO NOT** discuss problems or complaints with the house staff or children as this may cause distress or start rumours. Please come directly to Matthew, Anita or Julia if you are unable to speak to your volunteer coordinator.

Obviously, we want your stay with El Shaddai to be as enjoyable as possible but please remember the primary objective of your visit is to support the children and their welfare must always be your first priority. Please respect there are sometimes very different ways of doing things in India to where you may come from!

Towards the end of your stay you will be asked to complete an 'end of stay questionnaire' this will give you an opportunity to voice your opinions or any concerns you may have.

### **What to do Next?**

Send an email to [sponsorship@childrescue.net](mailto:sponsorship@childrescue.net) / [volunteer@childrescue.net](mailto:volunteer@childrescue.net) and let the Sponsorship Representative/Volunteer Coordinator know that you are interested in volunteering. Complete the application form including dates etc and send it to him/her.

Begin getting your DBS or police check, as we will need a copy of this for documentation purpose.

Send your required donation on line through our website or if you are from UK, to our UK office with completed Gift Aid Form if you are a UK Taxpayer.

Once all the above is cleared and Sponsorship Representative/Volunteer Coordinator has confirmed the dates and received payments, you need a tourist Visa, travel insurance (compulsory), references, you can book your flight.

"There will be no confirmation of your volunteering before payment is done and all documents (tourist visa and travel insurance) copy is received".

**Arrival in Goa**

On arrival at Dabolim Airport, Goa please collect your luggage and proceed through customs and immigration. Our Staff will be at the airport to meet you at the prearranged time. Please look out for your name on a board. If more than one volunteer is arriving on the same day, you may be advised that there will be a wait at the airport before pick-up.

From the airport, we will drive you to your allocated accommodation. Once you have settled into your accommodation we will arrange for you to have your Induction. As part of your induction we will introduce you to the team, have an ID badge made, supply you with your ES branded tops (to be worn at all times when working for ES), and answer any questions you may have. You will visit some of our Homes and Shelters, including our School.

**During your time with El Shaddai**

If at any time you do not feel utilized or unhappy with anything, please contact our representative immediately who will endeavor to do his/her best to resolve your problem.

*Email: [sponsorship@childrescue.net](mailto:sponsorship@childrescue.net) / [volunteer@childrescue.net](mailto:volunteer@childrescue.net)*

*Tel: +91 0832 6513287/86*

**At the End of Your Stay with Us**

We appreciate both the money and time you have offered to help our children here in Goa and we hope your stay is a rewarding and fun experience. Please complete the 'End of Stay Questionnaire' which will be given to you by our volunteer coordinator. Handover your ID badge back to the co-coordinator and hand in your End of Stay Questionnaire.

We like to put our Volunteer's comments on our website so we would be grateful if you could complete the section where we ask you to write a small synopsis of your time with the charity in order to provide other prospective volunteers with your insights.

**Useful Information:**

Goa is a beautiful State, we would recommend you see as much of it as possible.

The main tourist areas in the north are between Candolim, Calangute & Baga. However, your nearest beach is at Vagator which is within cycling distance from Assagao. The beaches in Goa are beautiful sandy beaches stretching for miles but as you can imagine the main beaches do get crowded at times. Most beach shacks are open during the Tourist Season, offering good value food and drinks, many offer free sun beds.

There are many secluded beaches north of the Chapora River such as Morjim, Ashvem and Mandrem they have "huts" that you can stay in overnight if you fancy "getting away from it all" for the weekend.

The food in Goa is excellent, catering for international tastes as well as local Indian food. The standard of food hygiene is very high, due to the demands of the tourist industry. Most of the shacks and restaurants use filtered water for their ice and take care with their food preparation. However, we would recommend you only eat where there is a good water source and food that is thoroughly cooked. If you have any doubts, please inquire.

Local Transport: Buses are very cheap and run every few minutes between towns or about every half an hour between the Homes and Mapusa, Panjim or Calangute.

The Climate: Goa is warm all year around, usually varying from 28 degrees C to 36 degrees C. The Monsoon period usually starts towards the end of May and continues to the end of September. Between November and January, the days are warm and the evenings a little cooler, then from February to April the weather gets gradually warmer with May being one of the hottest and humid months of the year.

**Suggestions on what to bring:**

- Swimwear
- Sandals & shoes - easily washable, (the soil in Goa is red & marks shoes & white clothing)
- ear plugs - India can be a pretty noisy place if you're not used to it
- Regular and beach towels
- Mobile Phone, Camera and any electronic equipment you may need
- Any arts and crafts books and materials to make things with the children

**What to buy locally in Goa:**

- Insect repellent (Odomos)
- Plug adapter
- Plug in mosquito repellent
- All medicines including Imodium, Cetcip 500 & Dioralyte or Walyte
- Garnier & other creams are all available at a reasonable cost
- Toothpaste, Shampoo, Conditioner and most other toiletries
- Tampons (but NOT applicator type)
- Sun Cream
- Pens, paper and stationary

**Health precautions, vaccinations recommended - Emergency contact information****Mosquitoes spread Malaria, Yellow Fever, Dengue and Japanese encephalitis**

Mosquitoes bite at any time of the day but most bites occur in the evening. Those carrying yellow fever, Dengue and Japanese encephalitis bite during the day. The main advice given to all travellers to India is to take anti malaria tablets. Please seek advice from your doctor before you leave and note that in the past Goa has had the status of low, medium and high risk, so please check the status before you leave and take the necessary precautions advised by your doctor.

After dark always wear long trousers and shirt tops to avoid bites and use repellents and night burning repellents and after bite creams etc. All of these can be bought in Goa far cheaper than in your home countries as can most medicines.

The properties where we house our volunteers have either AC or fans and mosquito nets at the doors and windows so mosquito nets aren't a requirement, however if you plan to travel in India it may be worth bringing a net.

**Prickly Heat**

This often occurs when you first arrive in India. Excessive perspiration trapped under the skin causes an itchy rash. Keep as cool as possible and use a prickly heat talcum powder, bought locally. This is cheap and easily available at all chemists. Avoid wearing nylon fabrics.

**Diarrhoea**

Simple things like a change of water, food or climate can cause diarrhoea. Dehydration is the main danger so take rehydration salts such as Dioralyte or Walyte as soon as possible and drink plenty of water. If symptoms persist longer than a day or two then consider taking treatment from a chemist. Imodium is easily available and Cetcip 500 is very good for stomach cramps but always consult the pharmacist first for their advice. ES have a Doctor who is available should you need one.

### **Typhoid, Diphtheria, Hepatitis A, Polio, Tetanus and Rabies**

We would always recommend you have these vaccinations before leaving for Goa, again please liaise with your Doctor before you leave. If you do not then they can easily be obtained at the following hospital:

*Galaxy Hospital,*

*Near S.P.G. Hall/Severina Gardens,*

*Xelpem - Dhuler, Mapusa, Goa.*

*Emergency Tel: 0832-2266666/67/68*

*around 3 KM from our office in Assagao.*

There are many other diseases, which can be caught in India, but if you are careful where you eat and avoid as many bites as possible the chances are you will have a safe and sickness free stay in Goa. However, if you are sick at any time please do not suffer in silence. Contact a volunteer co-coordinator or let the staff where you are placed know you aren't well and they will help you access a Doctor. If you require hospital care the above hospital is a recommended one.



### Important Information Nos

Departments	Phone Numbers
Police	100
Fire	101
Ambulance	108 / 102
Goa Tourism Development Corporation Ltd	Tel: (832)-2424001/ 02/ 03 Fax: +(91)-(832)-2423926 / 2430133 Email: reservations@goa-tourism.com Website: www.goa-tourism.com
Airport Facilitation Counter	+(91)-(832)-2540031, 2540829 Fax: +(91)-(832)-2423926 Email: dabolimcounter@goa-tourism.com
Margao Railway Station Helpdesk/Ticket Counter	Tel: +(91)-(832)-2715851 Fax: +(91)-(832)-2423926 Email: margaocounter@goa-tourism.com
Help Line/ Hello Information	0832-2412121

Telephone Services	Phone Numbers
Local Complaints	198
STD Complaints	182
International Booking	186
Directory Enquiry	197
Time	174
Telex Complaints	148
Phonograms	185
Postal Enquiry	191/223706
Release of held up STD	2227626
Morning Alarm	116
STD Code Locking	175

Hospitals	Phone Numbers
Goa Medical College Casualty (GMC), Bambolim	0832 - 2458700 /2495030 / 25
if you wish to contact ward 108, the number will be 0832-2495108	0832-2495(3 digit ward no)
GMC Blood Bank	0832-2495032/054
Asilo Hospital, Mapusa	0832 - 2265119/2262372
Hospicio Hospital, Margao	0832-2705167/2735972
Cottage Hospital, Chicalim	0832-2540864
Change Number Directory	195



T.B. Hospital Margao	0832-2714866
Drug Dexocation	0832-2254444
Leprosy Hospital Macazana	0832-2786276
Canacona Community Health Centre Hospital	0832-2643339/2643422
Curchorem Community Health Centre Hospital	0832-2650566
Pernem Community Health Centre Hospital	0832-2201249
Valpoi Community Health Centre Hospital	0832-2374260
Ponda Community Health Centre Hospital	0832-2312115
Panaji Urban Health Centre Hospital	0832-2426495
Margao Urban Health Centre Hospital	0832-2715004
Mapusa Urban Health Centre Hospital	0832-2262226
Vasco Urban Health Centre Hospital	0832-2512307
Mapusa Clinic, Mapusa	2262350
Bosio, Candolim	2276034
Hospicio, Marago	2722164
Hospicio Blood Bank, Margao	2703801
Kerkar Hospital, Margao	2702777, 2735776
Cottage Hospital, Vasco	2513864
KLES Hospital Liaison Office, Panaji	2225401
Bhandare Hospital, Panaji	2225602/ 2224966
Trinity Esperanca Hospital Miramar	0832-2462444
Vintage Hospital, Panaji	0832-6644401
Chodankar Nursing Home, Porvorim	2417617
Mandovi Clinic, Porvorim	2415808/ 2416808
JMJ Hospital, Porvorim	2412130
Apollo Nusi Hospital Cuncolim	2862903
Apollo Nusi Hospital, (Emergency)	2863333
Govt. Hospital, Chicalim	2513864
Cottage Hospital, Sanquelim	2364258
Manipal Goa Hospital, Dona Paula	3002500, 180030014000
Manipal Goa Hospital, Dona Paula (Emergency)	8888702222
Campal Clinic Hospital Panaji	0832-2421600
Ankur Nursing Homes (Mapusa)	1911
Apollo Hospital (Margao)	2728888
Blood Bank (Bambolim)	2458724/2458700
Blood Bank (Margao)	2735972/2705167
Candolim Health Centre(Candolim)	2489035
Cottage Hospital (Vasco)	2540864

Goa Medical College(Bambolim)	2458700
Hospicio (Margao)	2705664
Indian Red Cross Society(Panaji)	2224601
JMJ Hospital (Porvorim)	2412130
Mandovi Clinic (Porvorim)	2415808
Manipal Hospital (Dona Paula)	2453301
Mapusa Clinic (Mapusa)	2263343
Mathew Braganza Hospital (Calangute)	2277411, 6716666
NUSI Hospital (Cuncolim)	2863333, 6684444, 6684242
Remanso Hospital (Mapusa)	2262466

Sai Central (Porvorim)	2412083
Sound Hearing Aid Centre (Panaji)	2437266
Vintage Hospital (Panaji)	2426650
Vrundavan Hospital (Mapusa)	2250022
<b>Ambulance</b>	<b>Phone Numbers</b>
Indian Red Cross Society, Panaji	2224601
Care Foundation, Miramar	2423488/9
Esperanca Clinic, Miramar	2222413
Cuncoim, Hospital on Wheels	2863333
Ambulance Trust, Margao	2723129, 2731759
GATES 102	
Pernem Ambulance	9822980721
Ponda Ambulance	9822980723
Sanvorderm Ambulance	9822980725
Bicholim Ambulance	9822980722
Balli Ambulance	9822980724
Verna Ambulance	9822980726
Toll Free	102
Ambulance Trust (Margao)	2731759/2714464
Apollo Ambulance (Margoa)	2726272
Apollo NUSI Hospital (Margao)	2862953
Care Foundation (Miramar)	2463185
Dona Paula Helpline	2453303
Esperanca Clinic (Miramar)	2463185
Goa Medical College (Bambolim)	2458725/2458917/2458700
Indian Red Cross Society (Panaji)	2224601
Manipal Goa	2453301
Mapusa Ambulance Services	2262372
Panaji City	2227997
Vasco Ambulance	2510024
Vintage Ambulance	9823059948
<b>Airways</b>	<b>Phone Numbers</b>
Jet Airways	1800 22 55 22, 022-39893333
	Airport : 2540029, 2540005
Air Sahara	1800 22 3020 / 3989 3333, 2230237, 2230634, 5641932/33 Airport : 2540020, 2541211
Indian Airlines	2431100-04, 2225172, 2426363, 2428282, 2428181 / Airport : 2542444/45/46/47/48

Air Deccan	2438950/51/52 Airport : 2542380
<b>Roadways Enquiry</b>	<b>Phone Numbers</b>
K. T. C.	2438034/2438035
M. S. R. T.	2438253
K. S. R. T. C.	2438256

<b>Banks &amp; Financial Institutions</b>	<b>Phone Numbers</b>
Allahabad Bank, Mapusa	2262801
Andhra Bank, Panaji	2223513
Bank of Baroda, Panaji	2224591
Bank of India, Panaji	2224147
Bank of Maharashtra (R. O.)	2223136
Canara Bank, Panaji	2225654
Central Bank of India, Panaji	2224385
Corporation Bank, Panaji	2223860/2426352
Dena Bank, Panaji	2222113
Indian Bank, Panaji	2225994
Indian Overseas Bank, Panaji	2225994
Industrial Development Bank of India (IDBI), Panaji	2223112
Industrial Financial Corp. of India, Panaji	2220341
Sr. Divisional Manager	2222912, 2223325 (Fax)
Life Insurance Corporation of India Ltd. (Divisional Office) Patto	2223373, 2227066
National Bank of Agriculture & Rural Dev., Panaji	2223429
National Insurance Company, Panaji	2223782/2226026
Punjab National Bank, Panaji	2224528
Deputy General Manager	2223937/2224427
Reserve Bank of India, Panaji	2232362
State Bank of India	2226091
Zonal Office, Panaji	2226092-93
State Bank of Mysore	2224846
Small Industries Development Bank, Panaji	2228350
Syndicate Bank, Panaji	2230084
UCO Bank, Panaji	2225612
Union Bank of India, Panaji	2423823
United Commercial Bank, Panaji	2226068
United India Insurance Co. Ltd.	2226863-64
<b>Cooperative Banks</b>	<b>Phone Numbers</b>
Bicholim Urban Coop. Bank Head Office, Bicholim	2361268 /2362142
Goa State Coop. Bank. Ltd. Head Office, Dayanand	2220620-21/2230733/ 2221474/2226715
Smriti Panaji	
Goa Urban Coop. Bank Ltd.	2224421-23

Head Office, Dr. A. B. Rd. Panaji	2222718
Mapusa Urban Coop. Bank Ltd.	2263201
Head Office, Nandadeep Bldg. Morod, Mapusa	2262427
Margao Urban Coop. Bank Ltd. Head Office, Margao	2734292
Police	Phone Numbers
Toll Free	100
Panaji Headquarters	2225360/2224997
Anjuna Police Station	2273233
Calangute Police Station	2278284
Canacona Police Station	2633357

Colva Police Station	2788396
Dabolim / Airport Police Station	2513506
Dona Paula Police Station	24284867
Goa Velha Police Station	2218551
Mapusa Police Station	2262231
Margao Police Station	2705095
Old Goa Police Station	2285301
Pernem Police Station	2201233
Ponda Police Station	2313101
Porvorim Police Station	2417704
Vasco Harbour Police Station	2520740
Verna Police Station	2782325
<b>Post Offices</b>	<b>Phone Numbers</b>
Panaji Head Post Office	2223706
Airport Terminal Post Office	2540723
Anjuna Post Office	2274728
Arambol Post Office	2242965
Calangute Post Office	2276030
Colva Post Office	2788505
Margao Head Post Office	2715791
Mapusa Post Office	2262235
<b>Night Pharmacies</b>	<b>Phone Numbers</b>
Apollo Pharmacy (Fatorda)	2749441
Apollo Pharmacy (Margao)	2720090
Bardez Bazaar (Mapusa)	2256409/2250618
Farmacia Universal (Panaji)	2223740

GAPL Medic Centre (Bambolim)	2458590
GAPL Medic Centre (Margao)	2710965
Holy Spirit Medical Service (Margao)	2737569
Jeevan Rekha Medical Stores (Panaji)	2435946/6641903
Neha Chemists n Druggist (Panaji)	2421313
Super Drug Pharmacy (Porvorim)	2415708
Walson n Walson (Calangute)	2276366
<b>Petrol Pumps</b>	<b>Phone Numbers</b>
Bharat Petroleum (Panaji)	2438807
Carvalho Petrol Pump (Mapusa)	2262442
Heera Petroleum (Panaji)	2438053
Mohidin Petrol Pump (Margao)	2705515
Pereira Auto Centre (Verna)	2783392
Siddeshwar Service Centre (Anjuna)	2274095
<b>Fire And Emergency Services</b>	<b>Phone Numbers</b>
Mapusa	2262900
Margao	2714600
Panaji	2225500

## RESTAURANTS

### Vinayak Family Restaurant

**Address:** Socol Vaddo Road, Socol Vaddo Assagao, Goa 403507

**Phone:**090493 80518

**Hours:** 11:30 AM–3:30PM, 7–10:30PM

### Gunpowder

**Address:** No. 6, Anjuna-Mapusa Road, Saunto Vaddo, Assagao, Mapusa, Goa 403507 **Phone:**0832 226 8083

**Hours:**8–11AM, 12–3:30PM, 7–11 PM Closed on Monday

### Villa Blanche Bistro

**Address:** 283, Badem Church Road, Socol Vaddo, Assagao, Goa 403507

**Phone:** 0832 226 8196

**Hours:** 9AM–11:30PM Sunday open from 10-4pm only

### Ciao Bella Restaurant

**Address:** 569, Assagao Badem Road, Assagao, Bardez, Goa 403507

**Phone:** 097675 57673

**Hours:** · 7–11PM Closed on Tuesday

### Anand Seafood Restaurant & Bar

**Address:** Near Saraswati Mill, Siolim - Calangute Road, Zamblin, Anjuna, Goa 403509 **Phone:** 098905 58363

**Hours:** 11:30AM–3:30PM, 6:30–11PM

### Ruta's Roadhouse

**Address:** Near Happy Bar, Anjuna Mapusa Road, Assagao, Goa 403507

**Phone:** 083800 25757

**Hours:** 8:30AM–6:30PM

### Bobby Bar and Restaurant

**Address:** MDR 10, Bouta Vaddo, Assagao, Goa 403507

### Niko Ice Cream Restaurant

**Address:** 345/1, Aguada Siolim Road, Mundang Vaddo, Assagao, Bardez, Goa 403507 **Phone:** 080077 33788

**Hours:** 9:30AM–11PM

**Geetesh Bar & Restaurant**

**Address:** Soddors City Castle, DMC-Assagao Road, Behind Flour Mill, Khorlim, Mapusa, Goa, 403507 **Phone:** 098221 55948

**Hours:** 10AM–3PM, 6:30–11:30PM

**Captain Joe's**

**Address:** Bouta Vaddo, Assagao, Goa 403507

**Hours:** 8AM–10PM

**Bean Me up Soya Station**

**Address:** Vagator, Goa 403509

**Phone:** 077690 95356

**Hours:** 8AM–11PM

**Nick's Place**

**Address:** Marinha Dourada Rd, Near Resort Marinha Dourada, Tambudki, Arpora, Goa 403518 **Phone:** 098504 50210

**Cafe Cotinga**

**Address:** 1286, Kumar Vaddo, Opposite St. Michael's Church, Anjuna, Goa 403509

**Phone:** 0832 651 9999

**Hours:** 10AM–11:30PM

**The Banyan**

**Address:** 345/1, Munang Vaddo, Assagao, Bardez 403507 Goa, Assagao, Goa 403507 **Phone:** 074474 77502

**Hours:** 12–4PM, 6–11:30PM

**Jamies Restaurant**

**Address:** 7/188 Saunta Vaddo, Baga, Calangute, Goa 403516

**Phone:** 097643 64377

**Hours:** 12–11PM

**Sakana Japanese Cuisine**

**Address:** Chapora Main St, Vagator, Goa 403509

**Phone:** 098901 35502

**Hours:** 12PM–12AM



**Burger Factory**

**Address:** Soranto Vaddo, Anjuna Mapusa Road, Anjuna, Goa 403509

**Phone:** 086009 90220

Hours: 12-3:30PM, 6-10:30PM

Closed on Wednesday

**Goa's Ark Restaurant**

**Address:** 907, Market Rd, Monteiro Vaddo, Anjuna, Goa 403509

**Phone:** 091450 50494

**Hours:**10AM–11PM

**Pink Chilli**

**Address:** Arpora - Anjuna Road, Opposite Go Kart Racing, Arpora, Goa 403518

**Phone:** 095523 51136

**Hours:** 11AM–1AM

El Shaddai House,

Socol Vaddo, Assagao,

Bardez, Goa: 403507

Tel: +91 0832 6513286 / 0832 6513287

Email: [infogoa@childrescue.net](mailto:infogoa@childrescue.net) Website: [www.childrescue.net](http://www.childrescue.net)