



Global Village Handbook

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Welcome to Kyrgyzstan

Dear Global Village team members,

Salam aleikum from Kyrgyzstan!

You are welcome to visit our sunny and beautiful country and join Habitat Kyrgyzstan in its efforts to provide poor people with a decent home, and help them to have a dignified meaningful life. Your coming as a Global Village volunteer is a big event for our affiliate and Habitat families. Your help makes our partner families happy because you bring them closer to the moment of moving into their new homes, and your donations allow us to serve more families in need. We hope that you also benefit from this trip as you get acquainted with the local culture, traditions and exchange your experience with Kyrgyz people.

We strongly suggest you come to Kyrgyzstan with an open mind and with broad expectations. On our part, we will do our best to make your time here enjoyable and full of good experience.

This handbook gives you general information about Kyrgyzstan, about the work of Habitat, safety guidelines, basic information on living conditions in Bishkek city and Barskoon village as well as tips where to go in your leisure time. We also put the pictures for your convenience to see the fragments of our life.

If you have any questions, please, do not hesitate to let us know by email
volunteer@habitat.elcat.kg (Volunteer Coordinator) or
fundraiser@habitat.elcat.kg (Fundraising Manager).

We are cherishing a hope and looking forward to hosting you in Kyrgyzstan!

With all best wishes,

Habitat for Humanity Kyrgyzstan Team

Useful Information

❖ Visa Requirements:

All visitors to Kyrgyzstan (with the exception of citizens of some countries including CIS) require a visa. Most Kyrgyz consulates will grant visas for one month (if you wish to stay longer, visa extensions can be arranged from Bishkek) and generally cost \$50-\$100, but will cost substantially more for fast processing.

Nationals of most countries (including Canada, the US, and most Western European countries) have possibility to obtain a one-month tourist visas upon arrival at the “Manas” international airport in Bishkek and do *not* require a letter of invitation.

To find the Consulate of the Kyrgyz Republic nearest you, please click on the link below.

[Consular Offices of the Kyrgyz Republic abroad - International Listings](#)

❖ Health Requirements: Please review this information under www.cdc.gov

❖ Currency: The Kyrgyz currency is the **som** and is divided into 100 tyiyn. There are 1, 5, 10, 20, 50, 100, 200, 500, 1000 and 5000 som notes.

❖ Exchange and Credit Cards:

In the larger cities you will find ATM machines and credit cards will usually be accepted but in the smaller cities and villages it is a cash economy. Money can be exchanged at hotels, banks and exchange offices. Dollars are easily exchangeable in many currency exchange stores around the country. New 100, 50 dollar bills are preferred and will bring a higher rate. Credit cards Visa International Credit Cards; Visa Electron/Plus; Mastercard Credit Cards are accepted. Traveler s cheques “American express” can be changed at some banks and exchange offices at 3% taxes. Bank and Post offices are open Monday to Friday from 8a.m. to 6p.m. Exchange offices are open 24 hours 7 days a week.

❖ Tipping: Tipping is expected from foreigners, though it is already included in the receipt (5-15%), but it is also ok not to tip if it is included. A tip rounding up to the next 50 or 200 soms is ok.

❖ Time Zone: GMT + 05:00

❖ Business hours: Shops are open every day between 9 am – 8 pm (except the weekends). Yet supermarkets are open 24h/7d a week. Banks and other institutions are open between 9 am – 5 pm from Monday to Friday.

❖ Electricity: 220 volts, 50 Hz

❖ Taxis and Transportation: There are a lot of taxi services in the city, but not in the villages. Taxis generally cost 150 soms (\$3; €2,5) during daytime and 200 soms (\$4; €3) after 9 pm for one way inside the city. Municipal trolleybuses and buses cost 6 som (\$0.15; €0.10). Minivans called “marshrutka” are faster and generally less crowded and cost 8 som to one way.

❖ Phone Calls

Country Code: + 996. **City/Village codes:** Bishkek is +312 and Barskoon is +3946

It is possible to make international phone calls from most places in Kyrgyzstan, though you can expect the connection to be poor. Outside of Bishkek expect to wait as much as an hour or more for a connection. You can buy phone cards to call from your living place. To dial abroad you need to set up the phone on tonal regime. Usually the price of the phone card shows how many minutes you have to spend.

The cheapest way of making an international call is from an **Internet café**, e.g. 10 soms to landline numbers and from 30 soms to mobile numbers (per minute) to the US/Canada/UK.

Internet Services

You will find numerous Internet Cafes in Bishkek.

About Kyrgyzstan

Kyrgyzstan is a country of breathtaking natural beauty and proud nomadic traditions. It has some of the highest mountains, largest mountain lakes and most remote and untouched wilderness in the world. Kyrgyzstan is located in Central Asia that is dominated by the Tien Shan, Pamir, and Alay ranges, with an average elevation of 2,750 m above sea level. Kyrgyzstan shares borders with China, Kazakhstan, Uzbekistan and Tajikistan.



Flag of Kyrgyzstan

Country facts

Official Name:	<i>Kyrgyz Republic</i>
Location:	Central Asia, west of China
Capital:	Bishkek
Area:	198,500 sq km (77,181 sq. mi)
Climate:	dry continental to polar in high Tien Shan; subtropical in the southwest; temperate in the northern foothill zone
Population:	5,400,000
Ethnic groups:	Kyrgyz 71%; Russian 7.8%; Uzbek 14.3%; Dungan 1.1%; Ukrainian 0.4%, German 0.2%; other 7%.
Language:	Kyrgyz (state); Russian (official).
Religion:	Muslim 90%, Russian Orthodox 9%, other 1%.
Regions:	Seven oblasts (regions) and the municipality of Bishkek.
Main trade partners:	Germany, Russia, China, Kazakhstan and Uzbekistan.
Kyrgyzstan is a member of the OSCE, the CIS, the WTO, and the United Nations.	



For more information about Kyrgyz history, politics, culture, tourism and recent news visit following websites:

<http://www.habitat.elcat.kg>

<http://www.advantour.com/kyrgyzstan>

<http://www.fantasticasia.net/?p=17&travel=Customs%20of%20Kyrgyzstan>

<http://wikitravel.org/en/Kyrgyzstan>

<http://www.lonelyplanet.com/kyrgyzstan>

<http://www.infoplease.com/country/profiles/kyrgyzstan.html>

<http://www.eurasianet.org/resource/kyrgyzstan/index.shtml>

Culture

Gestures and Manners

Kyrgyz people are very hospitable and friendly. Locals treat foreigners with respect and curiosity. Do not be surprised if they show their interest in you as a foreigner. When introduced to someone, it is customary to shake hands, but usually only for men, not women. When talking to each other people usually stand close, a gesture of respect and cordiality. Close friends kiss each other on both cheeks when they meet. Do not be surprised if people want to hug you or pat you on the shoulder when they meet you. This is how they show their respect and interest.

An important note: The Kyrgyz spend much more money treating their guests than they can reasonably afford. It's more than just a cultural thing; it is a point of honor to be able to serve a lot of delicious food to your guests. Therefore, it is impolite to decline the offered food. If your host serves it, you should eat it or at least take a bite.

Climate

The climate in Kyrgyzstan is continental with very cold winters and particularly hot summers. It averages 247 sunny days a year. Being a mountainous region Kyrgyzstan has all year round snows in the high lands. In the lowlands, the temperature ranges between -4°/-6°C (21-24°F) in January to 16-24°C (61-75°F) in July. In the highlands, the temperatures range from -14°/-20°C (6.8°/-4°F) in January to 8-12°C (46-54°F) in July. The best times to visit are March to October.

Customs and traditions

The Kyrgyz are originally Nomads. Kyrgyz culture is a diverse mix of Arabic, Chinese, Russian, and nomadic tribal traditions, a heritage developed from living on the boarder between Empires and along trading routs of Silk Road. The Kyrgyz have always been living with cattle. Sheep and horses from the very beginning were important animals, but also cows, goats and donkeys were being raised. **Horse-back riding** is one of the most important parts of Kyrgyz culture, and a Kyrgyz saying even tells us: "If you would have only one day to live, you should spend at least half of it in the saddle."

Religion

According to the Constitution, Kyrgyzstan is a secular state - there is no state religion. Most of the Kyrgyz would claim to be Muslim - although their religion sits lightly on their shoulders, especially in the North. Kyrgyz could be called "cultural Muslims" which means that they do not follow strict Muslim rules. Kyrgyz women have a "higher profile" in Kyrgyzstan than in most other Muslim countries. In the South of the country where there are more Uzbeks, religion is a stronger influence and visitors should be sensitive to local sensibilities - especially when visiting certain sites, or in the month of Ramadan, or when consuming alcohol.

Oral literature and music

Kyrgyz cultural life has been influenced by a rich tradition of oral literature. The famous Kyrgyz "**Manas**" epic is the longest epic poem in the world: it consists of three parts and tells the story of the hero Manas and his son and grandson. The epic, which is longer than Odyssey and Iliad together, has been told orally by "*Manaschis*" throughout the last millennium, and the first written version appeared only about 100 years ago.

The mainstay of traditional Kyrgyz music is the Komuz, a three stringed guitar-like instrument which is both plucked and strummed. Komuz music is very popular, and the Komuz itself is held as a symbol of the Kyrgyz people.



Social structure

Kyrgyz social structure is divided among various ancient tribes and clans, which were originally family and regional ties. It is usually considered taboo to talk about one's tribe with outsiders.

Dress

In Bishkek dress tends to be very westernized. It is acceptable to wear T-shirts and jeans both for women and men. In small villages and in the south of the country, local women often cover their heads in a scarf. Foreigners are not expected to do so, but women should cover their legs and shoulders. On site, T-shirts, jeans and down to knees shorts are ok. Summers can be very hot, so light fabrics are essential as well as caps or bandannas on your head.

Traditional food and Culinary

Kyrgyz cuisine has absorbed elements from all of the cultures with which it came into contact, and although many dishes that you will find are common throughout Central Asia, it is still possible to find examples that have preserved their original, national identity. In many areas, such as Bishkek, Russian cuisine is common and it is now possible to find examples from all over the world, including the all embracing "European", Indian, Korean, Turkish and Chinese. Outside the cities local dishes, such as Kyrgyz, Uzbek and Dungan, are more common.

Meat is central to Kyrgyz cooking, however food for vegetarians can be found too. The most common form of meat used in Kyrgyz cuisine is mutton. Sheep meat tends to have more fat than that from other animals, and so it should be no surprise that fatty meat is often considered to be the best. There is even a Kyrgyz saying – "Cheap mutton has little fat". Horsemeat is also highly revered and for special occasions and funerals it is common for a horse to be slaughtered and cooked. Beef and chicken are also used in cooking. Pork is not used by the Kyrgyz, but can be found in Chinese, Russian and European restaurants.



Bread is never placed on the ground or wasted. **Boorsok** is typical fried Kyrgyz bread which is served on holidays and special occasions. Varieties of thick Russian breads are also popular with the Kyrgyz.

Fruit and Vegetables – most of the produce is grown locally and seasonal and there is a wide variety – although recently more exotic fruits and vegetables are imported and available in the markets. You can encounter fresh produce, cooked, dried and preserved (jams/pickles etc.) Nuts are also very popular.

Tea – (black or green) is common and comes in various forms. Kyrgyz people drink a lot of tea. Tea can be called a favorite national drink. In the North of the country it is usually made strong and mixed with hot water when served, in the South it is poured direct from the pot. Don't be surprised if you see the hostess pour the first few cups back into the pot – this is normal. Tea may well be served in a small bowl rather than a cup. It is recommended to drink hot tea after each meal because Kyrgyz food is rich in calories and tea helps to digest it.

At the end of the meal Kyrgyz people bring two hands up to the face and drag them down as if washing the face and recite the word "omin" – the Muslim equivalent of "amen".

Packing List - Preparing for your Trip

Your team leader has made detailed arrangements for the trip, and has advised you on how to prepare. When packing, please check the **weather.com** website for the 10 day forecast by typing “Kyrgyzstan” into the search engine. We recommend that you consider the following while packing:

- PLEASE pack your necessities of life in your carry-on in case your luggage gets lost. **Always** pack extra clothing and travel documents in your carry-on.
- Pack lightly – you will have an opportunity to get your laundry done.
- Bring a couple of photocopies of your passport, and carry a copy with you instead of the original. Pack 2 extra passport photos, just in case.
- Bring old clothes you don't mind getting dirty for working on site, and nicer clothes to change into in the evening.
- Bring a flashlight and batteries.
- Pack a cap or hat, sunglasses, sunscreen, bug spray, nail clippers, wet wipes and hand wash.
- Consider bringing work gloves or a tool belt – if you would like to bring other tools for the work your team will be doing, they are more than welcome!
- Don't forget any medicines you use on a regular basis; drugstores are available, but the names of products will be different from those back home.
- Bring your ATM card (with PIN code) (the easiest way to get cash for souvenirs) and a small amount of cash to exchange. Note that it is easier to exchange crisp, new bills in large denominations.
- Remember your camera, film, batteries, cleaner, adapter and other accessories (SD or memory-cards).
- Do not forget your diary and pen/pencil!
- Pack your swimwear; you might need it during your R&R.

Language

Kyrgyz is, by its roots, a Turkic language. However, as the country was absorbed into the Soviet Union, the alphabet used in writing was changed to Cyrillic. Virtually everybody in Kyrgyzstan speaks Russian. Ethnic Kyrgyz will speak both Kyrgyz and Russian, while other minority ethnicities speak their own ethnic language in addition to Russian. The ethnic Russian population is rarely bi-lingual. In Bishkek people mostly speak Russian while Kyrgyz is spoken more in villages. Here are some useful phrases in Russian and Kyrgyz that could help you to communicate with families and local people.

PHRASES	RUSSIAN	KYRGYZ
Thank you	<i>SpaSibo</i>	Rakhmat
You are welcome	PoJalusta	Echteke Emes
Yes	<i>Da</i>	Ooba
No	<i>Net</i>	Jok
My name is _____	<i>miNYA za VUT_____</i>	Menin atym_____
What's your name?	<i>KAK VAS za VUT?</i>	SizDIn atyNYz Kim?
How are you?	<i>KAK VASHI dela?</i>	kanDAysyz
Fine.	<i>kharaSHO</i>	jakshy
And you?	<i>A VY?</i>	<i>Sizchi/Senchi?</i>
Where is _____?	<i>GDYE</i>	_____kaiSY jerDE?
~ the bathroom	<i>tuaLYET</i>	<i>Daaratkana</i>
~ the telephone	<i>tiliFON</i>	<i>TeleFON</i>
How much does it cost?	<i>SKOL'ko STOit</i>	KanCHA tuRAt?
I'm hungry. (m)	<i>YA Goladin</i>	KursaGYm achTY
I'm hungry. (f)	<i>YA galaDNA</i>	KursaGYm achTY
I'm thirsty.	<i>MNYE KHOchitsa PiT'</i>	SuuSAAdym.

I'm full.	YA naEHlsya	Toydum.
Delicious (food)	Vkusno	damDOO, taTOO
I'm tired. (m)	YA uSTAL	CHArchaDYm
I'm tired. (f)	YA uSTAla	CHArchaDYm
What's that?	SHTO Eta	Bul emNE
I (don't) know.	YA (NYE) ZNAyu	MEN byl(BEYM)em
Who?	KTO	Kim?
What?	SHTO	EmNE?
Where?	GDYE	KaiDA?
When?	kagDA	KaCHAn?
Why?	pachiMU	EmNE uCHUn?
How?	KAK	KanDAi eLE?
How much?	SKOL'ka	KanCHA?

USEFUL CONSTRUCTION TERMS

English	Kyrgyz-Russian (in Cyrillic)	Kyrgyz-Russian
Tool	аспаб-инструмент	Aspab - EEn-stroo-ment
repair, renovation	Ондоо - ремонт	Ongdoo - reMOnT
building (n)	Курулуш - строительство	Kurulush - stro-EETel-stvo
to build	Куруу- строить	Kuruu - strOh-eet
paint-scraper	Сыр тушургуч - скребок	Cyr tushurguch - skreBOK
mask	Бет кап – маска	Bet kap - mas-ka
to clean	Тазалоо – чистить	Tazaloo - CHEE-steet
pliers	Аттиш - плоскогубцы	Attish - plaskoGUP-tsy
paint remover	электрофен	elektroFEHn
nail drawer	Мык суургуч - гвоздодёр	Myk suurguch - gvozdoDEr
roller	валик	VAlik
mixer	Аралаштыргыч - смеситель	Aralashtyrgych - smeSI-tel'
palette-knife	Шпатель	shPA-tel'
measuring tape	Ченоочу жип – рулетка	Chenoochu jip - roo-LET-ka
to measure	Ченоо – мерить	Chenoo - MEH-reet'
hammer	Балка – молоток	Balka - mah-lah-TOHK
to hammer	Уруу – бить	Uruu -beat'
paint-brush	кисть	Kist'
paint (noun)	Сыр- краска	syr - KRAs-ka
paint (verb)	Сырдоо – красить	Syrdoo - KRAs-eet
nail	Мык – Гвоздь	Myk - GVOohzd'
gas	Газ	Gas
balcony	Балкон	balkOn
wall	Дубал – Стена	Dubal - stye-NAH
ceiling	Болмонун тобосу - Потолок	Bolmonun tobosu - pah-tah-LOHK
door	Каалга – Дверь	Kaalga - DVER
window	Терезе – Окно	Tereze - ahk-NOH
putty	Шыбак – шпатлёвка	Shybak - shpatLEvka
stucco	Шыбак - гипс	Shybak - Gips
to stucco, plaster	Шыбоо штукатурить	Shyboo- shtukaTUri'
chisel	Кескич жонгуч - Стоместка	Keskich, jonguch, stoMEstka
sealing	Толтургуч - Замазка	Tolturguch, - zaMAzka
screw	Буроо - винт, шуруп	Buroo, - Veent, shuRUUp
screwdriver	Буроо бурагыч - Отвертка	Buroo buragych- at-VYErt-ka
drill	Тешкич – Сверло	Teshkich - svehr-LOH

HFH National Program Regions Facts



Kyrgyzstan gained its independence in 1991 and embarked on a transition to a democratic system of governance and a market economy. Following independence Kyrgyzstan was progressive in carrying out market reforms, such as an improved regulatory system and land reform, but political instability during 2005-06 has undercut the investment climate.

With per capita GNI of **US\$ 500** Kyrgyzstan is one of the poorest countries in Central Asia. The population of Kyrgyzstan is 5.4 million people. Poverty levels are high but falling - **63%** to **40%** of the population between 2000 and 2006 (National Statistical Committee data for 2006). On the individual level, most citizens of Kyrgyzstan are struggling. The average monthly salary in the capital city of Bishkek is under **\$150**. Factory workers and professionals in Bishkek earn from **\$75** to **\$100** per month. Unemployment rate is **12.5%** (National Statistical Committee data for 2010); the standard of living has fallen to about **50%** of what it was under the Soviet system. The self employed are said to be mostly in the "kiosk economy" - small time dealers who buy such goods as cigarettes, sweets, alcohol, clothing and furnishings, then resell them at a mark up.

After the collapse of the Soviet Union, Kyrgyzstan cut a variety of social benefits, leaving families with fewer resources to pay for housing. Access to basic services such as water and sewage is limited in Kyrgyzstan, especially for impoverished people and those living in rural areas. It is estimated that less than **20** percent of rural households have access to running water in their homes.

Nearly **70** percent of Kyrgyzstan's population live in substandard housing or is homeless. Sub-standard housing is prevalent throughout Kyrgyzstan in both urban and rural areas. Many Kyrgyz families live in deteriorated houses which were built as public housing projects twenty or more years ago and which have received little or no maintenance in the last 10 years, causing a sharp decline in standards of living. Kyrgyzstan is experiencing a major population shift as the rural population moves to cities looking for jobs. The result is massive housing shortages in many areas. Overcrowding is a huge problem with entire floors of apartment buildings all sharing one insanitary bathroom. It is not unusual for three generations to be crowded into a single room with no heating or water supply. Rental costs are also high. Commercial banks offer commercial housing loans, but at rates out of reach for most Kyrgyz people.

With the mountains and glaciers, Kyrgyzstan also has a notable hydroelectric power supply, but there are many problems with distribution. In 2008 Kyrgyzstan experienced major electricity cuts and families in less developed areas still experiencing a shortage of electricity.

According to official data more than 700 000 Kyrgyzstanis are working and living abroad, mainly in Russia and Kazakhstan. The main reason for such high migration level is inability of the Kyrgyz government to offer more job places for able to work population.

Progress in fighting against corruption, further restructuring of domestic industry and success in attracting foreign investment are key to future development of Kyrgyzstan.

Habitat for Humanity International

Habitat for Humanity is an international, non-governmental, charity, non-profit organization, which is present in more than 90 countries around the world. HFH seeks to eliminate poverty housing and homelessness from the face of the earth, and to make decent shelter a matter of conscience and action. Its main goal is to help low-income families, who cope with deplorable living conditions, get a new house or renovate their existing one.

Habitat for Humanity Kyrgyzstan

Kyrgyzstan is the first country in Newly Independent States that started cooperation with Habitat for Humanity International. Habitat Kyrgyzstan was established by the local initiative group of people who had lands but were not able to build their houses because of lack of finance. In 1996 they found out about Habitat for Humanity International and send them an e-mail. After being in correspondence, in 1997 the first representatives of HFHI visited Kyrgyzstan to research the poverty housing situation and eligibility of the initiative group to work under the principles of HFHI. After several negotiations and visits, in 1999 Habitat Kyrgyzstan Foundation was established as a local non-profit, non-governmental organization and an affiliate of Habitat for Humanity International.

Milestones in the History of Our Affiliate

- Habitat Kyrgyzstan Foundation was affiliated in April 1999.
- Construction of first houses in Bishkek started in 2000. Land was donated by the city of Bishkek and has been named "Habitat region".
- First Dedication of 20 houses with the presence of the Kyrgyz President was celebrated in November 2002.
- A new project on renovation of apartments started in 2003.
- Half-built house project started in summer 2004.
- Cane-reed house project started in autumn 2004.
- Building project was launched in Barskoon village in spring 2004; its subproject in Saaru village was started in 2007. This expanded our activities to rural areas.
- In 2007 we started a project on providing decent housing for mentally disabled people in cooperation with Open Society Institute.
- In 2007 in partnership with Women in Europe for a Common Future we started building ecologically friendly toilets.
- We also have projects on micro-finance and disaster response.
- Construction of houses started in Kochkor village in summer 2008, expanding our work to Naryn region.
- In FY2011 we have served **1094** families in Kyrgyzstan.
- To date we have served more than **4000** families in need.

Our Mission

Habitat is the only organization helping the poor in Kyrgyzstan to step out of poverty housing. Habitat Kyrgyzstan seeks to end poverty housing in Kyrgyzstan by building and renovating simple, decent and affordable homes and selling them to people in need with a long term, affordable loan. The homeowner's monthly mortgage payments go into a revolving "Fund for Humanity" that is used to build more houses.

Affiliates/ Program Information

The need:

The major housing problems in Kyrgyzstan arose because many ethnic Russians fled back to Russia and the rural population moved to cities looking for jobs. In addition, cities' infrastructures have received little maintenance during the last 16 years, causing a sharp decline in the standards of living. At present the government is not able to provide people with new housing units. In 2005 more than 30,000 people in Bishkek declared they are homeless and claimed houses from the government which was only able to give lands to small groups of people.

In Bishkek city HFH Kyrgyzstan builds new cane reed houses, renovates homes, and repairs buildings of condominiums. We also renovate apartments for mentally disabled people under the partnership project with Open Society Institute.

In Barskoon and Saruu villages many families live in houses constructed in 1930. Most of the houses are overcrowded with 10-12 people living in one 3 - 4 room house. One of the main problems in villages is that due to the lack of resources many young families build their houses on average for 10-15 years. While building their own houses the young families live with their parents and with the families of their siblings crowding up to 15 people in one house. In Barskoon HFH Kyrgyzstan builds new houses, renovates homes and completes half-built houses. In Saaru we renovate homes and complete half-built houses.

Construction Information:

HFH Kyrgyzstan focuses on shelter by building and renovating simple, decent, and affordable homes. To date, more than **4000** housing interventions have been completed, ranging from new house builds, completion of half-built homes, renovations to condominium block buildings, and the installation of ecologically friendly toilets.

Cane Reed Houses:

The project started in 2004 and came as a solution for building affordable houses after hard searches due to price increase of materials. The project combines a traditional but forgotten construction method using cane reed and clay with a technological innovation of under floor heating system.



Taking into account the seismic activity in the country the house construction is earthquake-resistant. The house design is 'volunteer friendly' and makes it possible for unskilled partner families and volunteers to do construction. The foundations are cement, the walls are reeds between the beams plastered with clay and cement and the roof is contoured galvanized sheets. The coiled circuit under floor heating system is using thin pipes connected to the hot-water electric heater which use only 30 liters of water. The under floor heating keeps the

houses warm in the 5° F winters and cane reed construction keeps the house cool in the 104° F summers. To date 70 families are provided with cane reed and brick houses and will repay average \$50 a month during 15 years.

Half-Built Houses:

One of the biggest housing problems throughout Kyrgyzstan is that the families build their houses for a long period of time and some can not finish the project of construction because of the lack of funds. In 2004 Habitat Kyrgyzstan started the project on construction or completion of houses that are already built for 50% which means that they have foundation, exterior walls and a roof, and meet all technical requirements. We build internal walls; install heating, ceiling and floor; stucco and do all finishing works. Half-



built house project is implemented in new settlements around Bishkek, Baitik, Archaly and Karajigach villages in Chui region and in Barskoon, Saruu villages in Issyk-Kul region. Mortgage is up to 3-5 years with monthly payment of approx. \$30 per month.

Renovation of Apartments and Houses:



Renovation project was started in 2003 when it became too expensive to build brick houses and while the cane reed project was being investigated. We renovate apartments and houses by removing and renewing old paint, whitewashing, hanging wallpapers and replacing sanitary engineering, etc. The project is very helpful for people who own home but cannot afford to properly maintain it because of lack of money. The renovation is done by family members and volunteers under the supervision of HFHK construction instructor.

Renovation and Reconstruction of Homes of Mentally Disabled People:

Without means of earning income or adequate social assistance, many people living with a mental disability and their families live in homes that are in desperate need of renovation and lack adequate living space for the families. Habitat Kyrgyzstan renovates and reconstructs apartments and houses of families with members who have a mental disability. Construction work includes removing and renewing old paint, whitewashing, putting wallpapers, replacing sanitary engineering, mounting new windows and doors, reconstructing roofs and installing new floors, etc. This project was successfully implemented under ***the partnership with Open Society Institute*** in 2007 when six apartments were renovated. Up to date we have **59** houses served and planning to serve another **15** families in 2012.



The improvement of living conditions helps to improve an overall psychological health of a mentally disabled person. During the renovation the medical specialist specifies the room color in accordance with terms of illness. The families work on the construction of their houses alongside local volunteers and Habitat constructors, thus they meet new people and have more conditions to integrate into society.

Renovation of Condominium Buildings:

Condominium buildings were owned and maintained by the government, but after the collapse of the Soviet Union, 17 years ago they were privatized by the residents and condominiums were established. Yet the residents are also unable to keep up with proper maintenance, because their salaries are too small and hardly sufficient for their daily living expenses. The residents are mostly the lowest paid people who can not afford buying a house or renting a better place. The nonfunctional elevator, the broken heating system, leaking roof that causes rust on the pipes and mold on the walls – these are some of the problems that residents of condominium buildings face. Due to these trying conditions, previously healthy residents have developed coughs, children are becoming ill more frequently, and a number of them are experiencing health problems such as pneumonia and bronchitis. We have built new roofs for **16** condominium buildings and served in total **3,571** families. In Fiscal Year 2011 our plan is to serve **650** families. Families will repay for the roof about \$3 a month over the next three years.



Helping Families in Rural Areas:

Many families in rural mountainous villages of Kyrgyzstan are living with many housing problems. HFHK in partnership with the local associations of clean water users help rural village households to have an access to drinkable and hot water from their kitchens any time they want to use it. Also HFHK helps to build ecological toilets in the communities with no access to central water and sewage systems. Such ecological sanitary toilets prevent pollution of soil and underground water that are eventually used for drinking and cooking by locals, and are valuable resources for recycling. The design is easily adapted and can be constructed with local and inexpensive materials.



Construction Plans for the Year:

In Fiscal Year 2011 we plan to serve **950** families by building new houses; completing half-built houses; renovating and reconstructing houses, apartments and condominium buildings; connecting houses to central heating system; constructing ecological toilets,

Family Selection Criteria

Families for Habitat houses are selected by **three criteria**: housing need, ability to repay the monthly mortgage and willingness to partner with Habitat by contributing 500 hours of work (*sweat equity*) in building their own house and houses of their neighbors.

Partner Families Profiles:

- Family size ranges from 3 to 8;
- Income about \$120-180 per month (at least 1 spouse working); housing costs should not be higher than 1/3 of the families income;
- Before building their new Habitat houses homeowners get educational trainings;
- Family-partners work together in group until houses are completed;
- Common problem facing current families chosen for Habitat homes: lack of home, overcrowded conditions, no sewage, no electricity, mould growing on walls, collapsing roofs, no water.

Tamara Balkibekova's Family



Balkibekova Tamara (45), her husband Beishenaly (46), their sons Aziz (22), Tilek (11), Erjan (8), daughters Cholpon (20) and Jyldyz (15) have been living in a two room apartment which was too small as the family was extending. Last year in spring the family was able to exchange their apartment to an unfinished bigger ground house. They decided to finish it because this house would be comfortable for their big family and especially for their disabled son Aziz, but due to lack of funds they could not complete it that year. The house had only a roof and walls. There were 3 rooms and they had built one more room. While doing construction the family of 7 people was living in a nearby two room jerry building. Aziz takes bath at a neighbor's house and the rest of the family goes to a public bath. During winter it was very cold for the family because of the poor heating system. As a result, Aziz couldn't even bend his legs. The younger children were also sick during the whole winter.



Tamara works as a part-time accountant with a salary of \$42 a month in a private organization. Her husband Beishenaly is a taxi driver and earns \$278 per month. Tamara and her daughters are also occupied with traditional handicraft that they sell. The eldest son Aziz is disabled and gets a monthly pension of \$34. Total annual family income is \$4500. Almost half of the family budget goes for Aziz's treatments.

With the support of Habitat loan and help from Women Build Global Village volunteers the family was able to complete their house this summer: they painted the walls and ceiling, hung wallpaper, put linoleum on the floor, whitewashed and built a bathroom with a running water system in the house.

"We moved in our completed house. Now we live in good facilities, my children have their own rooms, and there is more place to move. Finally our dream of living in our own house came true! Thank you for making our life better." says Tamara.

Jabalov Bapa's family



Jabalov Bapa (34), his wife Meerim (33), sons Chyngyz (12), Ilgiz (9) live in Barskoon village. Bapa and Meerim lived in Bishkek for four years after their marriage in 1996. At that time Bapa was studying at the University. To take care of his wife and sons he worked part time work at the bazaar selling hats, while Meerim was at home with children. When Bapa graduated from the University the family moved to the village Barskoon and lived with Bapa's mother and younger brother. First Bapa worked as an assistant of forester. When he began to work as a forester he had to live closer to forests, so Bapa and Meerim moved to the house in the mountains.

Children stayed with grandmother in the village. Bapa and Meerim decided to build a house in the village and live together with their sons. He built the foundation and walls of the house. When he realized that his sons can't stay with his mother and his brother's family anymore, he built small, one room house and last year moved in.

"I was eager to have our own house to live together with my children, so we built this one room house. It is not easy to live in one room, for four of us. We sleep, eat, and prepare our meal in one place. Only thanks to Habitat we have an opportunity to move into our new, bigger house this year. Now, when volunteers from Ireland work with us and help to build; the day, when we will move becomes closer," said Meerim.

Bapa's salary is in average \$100 a month. His main income is from his livestock. He has 6 cows, 3 horses, 15 sheep and 20 goats. From the livestock he makes about \$2000 a year. The family grows potatoes and other vegetables for themselves.

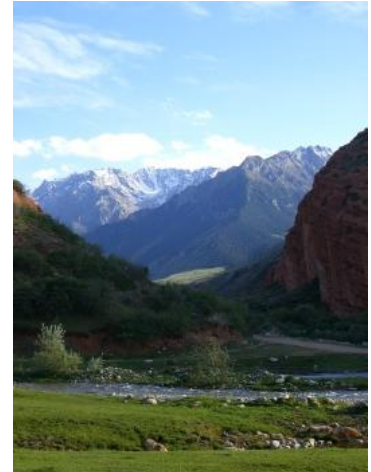
"I consider myself very lucky, my house will be built in a few months and so many foreigners work together with me on my house. In a short time they become friends and relatives. To have a nice house and a lot of friends at once – I'm the happiest man in the world," said Bapa.



GV Program in Kyrgyzstan

Since 2001 HFH Kyrgyzstan hosted **39** Global Village teams. For GV project in 2011 Habitat Kyrgyzstan are planning to continue renovation of homes, building new houses including cane reed houses and completion of half-built houses. Depending on the economic and market situation Habitat KG will do one or all of these projects. That is why the GV team will be informed on the type of the work they will do only closer to the dates, at least 1-2 months before a Global Village team arrives to Kyrgyzstan.

Barskoon



Barskoon village is located on border of Jety-Oguz and Ton regions of **Issyk-Kul** region. Barskoon is accounted as a mountain area. It is at height of 1800 m above the sea level. The land is stony and sandy. The whole square of village area is 36700 m² or 367 hectares. The population is **2,015** families or **7,210** people. Families are basically large with many children, consisting of 5-6 members. People are mostly occupied with private animal industries, crop of gardens and the ground of farming. The 100% of population are Kyrgyz people. The local population uses mainly clay and wood for the construction.

Accommodation of the volunteers in Barskoon

In Barskoon the team will stay in local houses with the host families. Usually the team can be divided between 2-3 houses and you should expect to share rooms with your team mates. The houses are close to each other, so the team members can easily reach each other.

Usually each family in the village has a big house and one small summer house that is mostly used as a kitchen. During your Global Village trip, your team will stay in a big house, while the family stays in the small house where they cook food for team members. The house where the team will stay is very simple, 3-4 rooms; two/three of which will be used for living and one for having breakfast and dinner. The rooms are clean, floors are covered with carpets. The typical bed in the village consists of few beautiful padded mats put one on another on the carpet, a pillow and a blanket. It is usually very comfortable and soft. Bed linens and towels will be provided by hosts. In some houses there are usual beds and sofas.

Note:

In Barskoon

- No internet cafes or ATM machines, only national som is used. It is requested to exchange money in Bishkek city prior to the trip to the village.

Construction Information:

In 2011 Habitat Barskoon project is working with projects as: building new houses, complete half-built houses and renovation of houses. Up to date we have served **412** families in Barskoon. Habitat also is trying to start a new Mental Health project in partnership with Open Society Institution, Soros Foundation in Kyrgyz Republic like in Bishkek.

Building Houses:

The houses in Barskoon are built very differently from those in Bishkek city. The foundations are cement, the walls are made of big clay blocks, measuring 50 cm by 30 cm, pressed one after another between boards. The walls are then plastered with a mixture of clay and straw, and then a mixture of clay and sand. After this they are whitewashed. When dry, this white clay compound is as firm as cement.

Square Feet: 80 square meters.

House cost \$4,000- \$15,000, depending if it new house or half-built house project.

“Sweat equity” for one family: minimum 500 hours.

Mortgage: 4-15 years.

Monthly payment of approx. \$20- \$40 per month

All houses have plumbing, electricity and cold water. Each house has a small garden.

Team Information:

- Best time of year to host: May-September
- Maximum number of participants: 15
- Minimum number of participants: 7
- Minor Policy: 16+
- Time in Kyrgyzstan: 12-15 days
- Entry requirements: Check with Kyrgyz Embassy for visa requirements and prices. Visas are required for all visitors to Kyrgyzstan (outside of CIS). You should obtain your visa before coming to Kyrgyzstan.
- Orientation session on arrival day and at work site at first workday
- Appropriate clothing: a nice outfit for church; no shorts/tank tops in the village
- Devotions/reflection time: team leader responsible for planning

Information about work

- Approximate work day (depending on heat): 9:00 am to 5:00 pm
- Teams work with site supervisor, homeowners and local volunteers
- The site is open for work every day, yet the team leader with the help of in-country coordinator will develop the work schedule for the team.
- No alcohol drinking on site
- Bring essential tools: **for building**: tape measure, utility knife, chalk line, gloves (2-3 pairs), trowels or paint supplies; **for renovation**: masks, gloves (2-3 pairs), utility knife or scrapers. Other tools (as screwdrivers, hand drills etc) if we do not have in necessary amount will be listed on the wish list. Tools being used on sites are mostly cheap in price, poor in quality, and tend to frequent failures. Hence we encourage teams on the wish list to bring high quality genuine brand tools for their smooth and efficient work.
- Appropriate dress for the worksite includes jeans or shorts, t-shirts, and sturdy shoes.

Type of Volunteer Work:

When building **cane reed houses** volunteer tasks include, but are not limited to levelling the site, digging and pouring foundations, mixing cement and clay, doing frameworks for walls, putting reeds between the beams, setting roof trusses, stucco and painting, landscaping.

When working on **half-built houses** volunteer tasks include, but are not limited to mixing cement, laying bricks for walls, stucco and painting, installing floors and ceilings, landscaping.

When **renovating apartments** volunteer tasks include removing old paint and wallpapers, scraping old whitewashing, cleaning pipes, putting, sealing, sanding and gluing the walls and ceilings; painting window-frames, sills, heating radiators, plinth and doors; whitewashing/ gluing wallpaper and putting linoleum.

Actual Family Interactions/Community/Special Events

The Global Village volunteer teams are welcome to get involved in various activities with the Kyrgyz community:

- visit a local school
- visit an orphanage;
- arrange for an ethnic Kyrgyz concert;
- visit completed Habitat houses and meet Habitat partner-families;
- go to a museum or to a local craftsman;
- go to the lake Issyk Kul

Issyk-Kul Lake

Length - 185km

Width - up to 60km

Depth - up to 702m

Area of the Lake: 6,200 sq. km



Lake Issyk-Kul, which means "the hot lake" in Kyrgyz language, one of the largest alpine lakes in the world. At an altitude of 1,609 meters above sea level it is exceeded only by Lake Titicaca in South America. Two mountain chains of the Central Tien Shan Range border the lake - in the north the Kungei-Ala-Too ("facing the sun"), and in the south the Teskei-Ala-Too ("turned away from the sun"). Approximately one hundred large and small rivers flow down into the lake. There are no outlets for the waters of Issyk-Kul, so the lake has a high salinity.

The climate of the Issyk-Kul valley is moderately continental, due to the presence of the huge water reservoir. Summers are relatively cool, as compared to the neighboring Chu valley, and winters are mild with less snow. The surprising transparency and cleanliness of the lake's water, which near the coast warms up to 26°C in August, make Issyk-Kul a popular vacation spot, not only for the inhabitants of Kyrgyzstan, but also for tourist mainly from Uzbekistan, Kazakhstan and Russia.



Safety is everybody's concern and is always an important consideration at any construction site. Building construction is one of the most dangerous occupations. Since Habitat work crews normally have a high proportion of inexperienced people, everyone must pay particular attention to safety.

Be conscious of the safety of others as well as yourself. An observer can often see danger better than the worker involved in the project. Be cautious at all times and ask questions. Do not go ahead with a task if you are uncertain how it is done, or if you are unable to do it.

Safety is based on knowledge, skill and an attitude of care and concern. Supervisors should establish and implement a building site and safety orientation program and additionally instruct each worker about the correct and proper procedures for performing each task. This should familiarize the worker with the potential hazards of doing the tasks and advise him or her as to how such hazards can be minimized or eliminated. It is very important that we at Habitat know about safe work practices and follow them.

Habitat building site must have an appropriate construction signage and emergency contacts posted on the site. All the potential and actual hazards on the site are signed, marked and equipped with safety protections and guarding if necessary.

GUIDES FOR A SAFE ATTITUDE

1. Dress appropriate clothing; trousers, long sleeve shirt and hard soled shoes or special uniform.
2. Wear personal protective equipments properly as it is required on the site. Know the safety signs.
3. THINK, if you are clear with your task or assignment before you start working.
4. Have all the onsite training on your task implementation and tool operation techniques.
5. Concentrate on your task and eliminate distractions. Headphones and cell phones can be dangerous.
6. Be aware of potential hazards of the site, construction materials, tools and equipments.
7. Ensure all power and hand tools and equipments (ladders, scaffoldings) are inspected by a professional before you use them. Double check if any guarding and protections equipped.
8. If you see any unsafe or hazardous tool or conditions advise the site supervisor IMMEDIATELY.
9. Do not run on the site, watch out your way if a load is carried or machinery is operated next to you.
10. Know where the first-aid kit is located, who the first aider is and how to get emergency help on site.
11. Know your physical working limits; take short breaks and drink plenty of water depending on climate.
12. Maintaining a clean and tidy site and tools contributes to a SAFE and efficient work environment.
13. If any message has made you uncertain - ASK A SITE SUPERVISOR.

PERSONAL SAFETY SIGNAGE



- ✓ Wear sun cream of a suitable factor, reapply throughout the day
- ✓ Drink plenty of water – in hot climates, 4-6 litres per day
- ✓ Check water bottles have seals, and do not share water bottles
- ✓ Shorts and open toed shoes are forbidden

WEAR hard hat when:



- ✓ You see this signage in the area. Ask Site Supervisor, if not.
- ✓ Site Supervisor Requires to be worn
- ✓ Working on demolition and somebody is working above your head

Proper gloves can protect your hands from:



- ✓ Cutting when carrying sharp edged materials and equipments
- ✓ Skin irritation from cement, paint, lime wash and other chemicals
- ✓ Getting a corn while working with the tools for long time

Wear ear protection when:



- ✓ A compactor and any other power saw is in use near you
- ✓ or other equipment that may cause damage to the ears
- ✓ Heavy machinery is working nearby you for prolonged time

Wear a face mask when:



- ✓ You are sure of the mask type and its designation
- ✓ Using chemicals, painting lime wash, mixing cement
- ✓ Scraping old paints and sanding the items to smooth

Wear eye protection when:



- ✓ Using hammers, chisels and planer is used by yourself or near
- ✓ You or somebody next to you is using any type of power tools
- ✓ Using lime wash, chemicals or mixing or pouring cement

Wear proper footwear when on site:



- ✓ Footwear must be covered and hard soled
- ✓ Decoration bands are dangerous, keep them tied tight
- ✓ Steel toecap safety boots must be worn in demolition works

When lifting an item:



- ✓ Know your capacity and weight limits. Ask Site Supervisor.
- ✓ Keep slightly apart, bend the knees, keep the back straight
- ✓ Grab by both hands, lift with the legs support, not the back

KNOW YOUR SAFETY SIGNS



Prohibition, Stop

A red circle with diagonal cross bar on a white background.

Symbols behind this sign describes that a certain behaviour is prohibited.

Example: describes that entry or pedestrian is not allowed



Hazard, Danger, Warning

A yellow triangle with a black boarder and symbol within. Any symbol within this sign describes the warning of a health hazard.

Example: describes that there is a high voltage danger and electric shock risks



Mandatory, Obey

A blue circle with white symbol within. This indicates a specific course of action which must be taken.

Example: describes that the area should be kept clear and tidy. Or any request message.



Safety

A green square with white symbol within. This describes safe condition, direction, location and emergency exits.

Example: describes the location of the First Aid Kit.



Fire

A red square with white symbol within. This describes the location and types of fire extinguisher or emergency exits, etc.

Example: describes the position and correct use of the fire extinguisher



BASIC POTENTIAL HAZARDS ON THE BUILDING SITE

BE AWARE of the following hazards can be met on the site when fulfilling the following tasks:

TASK	POTENTIAL HAZARDS	PROTECTION
P.S. Hard hats and all body covered safe dressing must be worn at all times on the building site.		
Ground work	Dust, heavy load, sharp tools, soil slide, loose rock, cave -in, bad air, overhead load in excavation.	gloves, back support, trench box, shoring, safe lifting.
Foundation work	Cement dermatitis, airborne dust, exposed rebar, heavy loads, crystalline silica, alkaline compounds	mask, respirator, cloth gloves, safe lifting
Timber work	sharp edges of timber, saw dust, sharp tools, exposed nails and screws,	penetration and abrasion resistant gloves, goggles, safe lifting
Masonry	Cement and limestone dermatitis, awkward posture, heavy loads, debris, brick or block fall, etc.	toe capped boots, leather gloves,
Insulation work	Asbestos, synthetic and glass fibers, skin irritant components,	vinyl coated insulated or penetration resistant gloves, respirator
Drywall, OSB, Plywood sheathing	Gypsum and saw dust, heavy loads, awkward postures, sharp tools, sharp edges of the materials,	cloth gloves, goggles, mask, toe capped boots
Roofing	Roofing tar, solvent vapours, heat, slope, height, awkward posture,	Rubber or vinyl coated gloves, hard soled boots, respirator, fall protection
Load carrying	heavy load, path blockage, blind area, sharp edges of materials,	leather or cloth gloves, toe capped boots, back support,
Old paint cleaning	sharp tools, heat, flame, volatile vapour, dust, lead	goggles, leather gloves, respirator, mask,
Demolishing	Dust, heavy load, flying debris, sharp materials and tools, exposed power wiring, exposed gas and water pipes,	cloth gloves, goggles, mask, toe capped boots, safe lifting
Floor finishing	Knee trauma, awkward postures, glue and glue vapour	Knee pads, respirator, good ventilation, cloth gloves
Painting	Solvent vapours, toxic metals in pigments, paint additives	rubber or vinyl coated gloves, mask or respirator, goggle
Working on the Ladder, scaffolds	falling and slipping from the height, vertigo,	safe shoes, harnessing, barricades, dry steps, 2 nd person to support
Using power and hand tools	Defective power cords, broken or absent protective guards and grounding, Silica dust, Saw dust, whole body vibration, noise	Appropriate type of gloves, ear plug, goggles,

Risk Management – Emergency Numbers:

MEDEX Travellers Assistance Network (24/7)

For volunteers coming from USA and some European Countries

Policy number 6404-54-47, MEDEX code CHB

Tel.: +1-800-527-0218 OR +1-410-453-6330 (US), +44-273-223000 (UK)
(86) 10 65 95 85 10 (Peking)

NOTE: Use Medex Peking for any emergencies in Kyrgyzstan

MASTER POLICY Emergency Contact

For volunteers coming from Great Britain, Northern Ireland, Republic of Ireland

Tel: outside the UK + 44-870-606-1406

From the UK 0870-606-1406

TELEX 947736 EURA G

Host coordinator cell: +996 772 158354

SAFETY IN THE COUNTRY

While in Kyrgyzstan a Global Village team will hire a mini-van to go back and forth to site. The staff person or translators will accompany the team all the time! In Kyrgyzstan you are generally as safe as you would be in your home town. However as a foreigner you might attract the attention of criminals. It is advisable to be alert to your surroundings to ensure that you are not a target. Volunteers are advised to be careful and should take some precautions to make their travel safe. The following safety and security guidelines should be followed by volunteers to ensure that their stay is free from any incidents:

- Always carry a copy of your passport. If you asked for identification (e.g. by police) **DO NOT** give away your wallet/passport. Show a photocopy of your passport and visa.
- Communicate with police in presence of HFHK representative/staff.
- Do not walk alone after dark. Streets are poorly lit and you are vulnerable to criminals as well as potholes and uncovered manholes.
- It is not advisable to take photos in crowded areas, as this can draw attention to you and distract you from being alert to any potential thieves. Your best defence against thieves is to keep a low profile and avoid displaying wealth.
- Never stay alone. Walk in pairs or groups (buddy system).
- Avoid being out late at night. Likewise, avoid being out alone in the early morning hours.
- Stay out of the parks at nights.
- Watch out for people who are drunk on the street, as they tend to be unpredictable and violent.
- Do not carry large quantities of money with you. Do not flash your money when purchasing things. No money in back pockets. Wear a money belt or neck wallet under your clothes to keep your cash and important documents safe.
- Do not exchange money alone. Please ask a Habitat staffer or a local volunteer to accompany you to the exchange office or ATM.
- Look both ways many times before crossing streets. Pedestrians do not have the right of way in Bishkek!
- DO NOT open your hotel room or apartment door unless you are positive you know the caller.

For more information about conditions in Kyrgyzstan, please see:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_945.html

Local Information

- **Currency exchange offices, ATM and banks locations**
There are exchange offices all around the town. You can find ATMs and banks in the downtown. Please **ask** your host coordinator to help you exchange money. Your host coordinator will show you the safest places and ATMs that work.
- **Post office**
Postal services are slow and unreliable both into and out of Kyrgyzstan. **FedEx** and **DHL** offer shipping and postal services, but at high prices. **(E.g. it costs 40-50 USD to send a pack of less than half a kilo to USA)**
The main post office is situated between Kievskaya St. and Chuy St. on Sovetskaya St. and it is called KYRGYZTELECOM. It costs **17 soms** to send a postcard by simple mail and **25 soms** by airmail. The post office is open Mon to Fri 7am-7pm, Sat and Sun: 9am- 5pm. Lunch time: 12am- 1pm.
- **Internet access**
In Bishkek there are many Internet cafes, which offer Internet and email access for less than 1 USD (47 soms) for one hour or 5 soms per megabyte of information. There are wireless internet connections at the hotels **“Dostuk”** and **“Asia Mountains”**.
- **Shops**
There is a network of **“НАРОДНЫЙ”** supermarkets throughout Bishkek. The shops are open 24 hours/7 days a week. You can also find a big variety of food and clothes in **“BETA-STORES”**, **“VEFA”**, **“DORDOI PLAZA”**, **“CARAVAN”** shopping centers.
- **Souvenir shopping**
The best place to shop for souvenirs is “Osh” bazaar: the prices are reasonable and there is a broad range of goods. You will have an excursion to this market with your host coordinator and local volunteers. You also will be provided with a list of souvenir and art shops in Bishkek upon your arrival.
- **Restaurants**
You will find a big variety of restaurants and cafes in Bishkek. You will be provided with a list of recommended restaurants upon your arrival. There are European, Chinese, Russian, Ukrainian, Kyrgyz, and American restaurants.
- **Churches**
These are three biggest churches in Bishkek: **International Church** that has service in English on Sundays at 10.00 am and 5 pm, **“New Word” Church** has service in Russian, on Sundays at 10.00 am and **Central Muslim Mosque** with Friday service at 1pm.
- **Cinemas**
There is a “Cinematika” network in the city with movie theatres, where most movies are shown in Russian.
- **Laundry**
There are washing machines in the apartments where you will be staying. There is a laundry service in the hotels with separate charges per item. You will leave the laundry at the reception and ask about the time when you can have it back cleaned.
- **Costs of regular items: bottled water, small snack**
You can buy bottled water, small snack, juice, etc for less than \$3

Contact Information

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