

**A US Based High School INTERNEE “MIR BOKHARI “**

**will Join Idara-e-Taleem-o-Aagahi (ITA) to help with the**

**INTERNALLY DISPLACED PERSONS (IDPs) in the**

**Host Communities of City District Rawalpindi**

**From July 31<sup>st</sup> – August 9<sup>th</sup> 2009**

**Through**

**Building with a team of volunteers:**

- ❖ [A Learning-Center](#) alongside a wall with shelves and cabinets for storing Books, Computer, TV, VCR-DVD, Craft materials and Sports equipment.
- ❖ [A Shady Veranda](#) in their school to read, study, eat and play.

**Teaching :**

- ❖ [Teaching/Training Life Skills \(outlined in my Boy Scout Handbook\)](#) i.e. how to gather Information, use technology, and develop a positive attitude, self-reliance & good judgment. Also, how to get along with others and staying healthy.
- ❖ [Helping displaced children to heal emotional wounds](#) by joining them in interactive discussions, led by experts, to promote an understanding of conflict and how to counter it.
- ❖ [Sharing my culture and values](#) (my photos, games, books, movies, and my cooking) to help create mutual understanding, respect and trust.

## Project Description

I want to make a difference in the lives of children affected by war in Afghanistan and Pakistan. I will visit them in camps and schools, contributing by:

### 1. Leading my team of volunteers to Build :-

❖ A Learning-Center alongside a wall with shelves and cabinets for storing Books, Computer, TV, VCR-DVD, Craft materials and Sports equipment.

❖ A Shady Veranda in their school to read, study, eat and play.

2. Teaching/Training Life Skills (outlined in my Boy Scout Handbook) i.e. how to gather Information, use technology, and develop a positive attitude, self-reliance & good judgment. Also, how to get along with others and staying healthy.

3. Helping displaced children to heal emotional wounds by joining them in interactive discussions, led by experts, to promote an understanding of conflict and how to counter it.

4. Sharing my culture and values (my photos, games, books, movies, and my cooking) to help create mutual understanding, respect and trust.

### A. What group will benefit directly?

Children in IDP camps and local Public Schools (via I.T.A.)

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Mr. Waqas Bajwa- waqas@itacec.org

My project will be of benefit to the group because:

- a. The 'Learning Center' I will get built will STORE and provide children with the TOOLS NEEDED FOR DEVELOPING THEMSELVES.
- b. The outdoor Veranda will provide a respite from the hot sun and become A MUCH NEEDED OUTDOOR CLASSROOM where children can read, study, play board games and relax. This structure will also remain as A VALUABLE SYMBOL OF FRIENDSHIP between Pakistani kids and ordinary American citizens.
- c. The children will BUILD & PLAY with me and LEARN LIFE SKILLS emphasized in my training as a boy scout.
- d. EMOTIONAL WOUNDS WILL HEAL as these children and I participate in conversations, led by experts, about our feelings concerning the armed conflict in Afghanistan and Pakistan. Together, we will explore the reasons and ways to resolve this conflict at a personal and public level.
- e. The children will LEARN FIRST HAND about the peaceful, egalitarian CULTURE OF USA (and sample my cooking!) gaining a better insight of our diverse and tolerant nation.

**INDIRECT BENEFIT**

My Boy Scout Troop and I will Gain Friends in Pakistan

**PLANNING DETAILS**

### Present Conditions:

During the past six months, the slow trickle of civilians escaping from homes in the war ravaged North-West Pakistan has flooded into 2.5 million. Hasty camps made by local and international relief agencies are sheltering some of them. Others have moved in with relatives, gone south or simply disappeared. The camp-site I will visit is close to Islamabad. According to reports from different observers, children inside these camps are bewildered and sad because they have lost everything and their future seems uncertain. Many children have lost their parents or siblings and some of them have witnessed people being killed. The camp is built on rugged ground under a blazing, hot sun. Food, clean water and bathrooms are scarce but being provided by local people and international NGOs. The biggest challenge is that there is practically nothing to keep the children occupied.



## DESIGN & DRAWINGS OF BUILDING PLANS

1. Please Send Photos of the site AND DRAWINGS OF DESIGN for a Learning Center against a wall. I just need INSTRUCTIONS for installing the finished products against a wall. After that, I will set up all the educational equipment.

2. Please Send Photos of school-yard for the Veranda/ Outdoor Classroom site



Design: Please see photos of Mughal Verandas (on this page and the next) and tell me if the veranda needs to be 2 or 3 sided (attached to school) or a 4 sided structure?

Ideal Area for a four-sided Gazebo-like Veranda= 15 ft. x 22 ft. (smaller is ok)

Basic Plan The Four Corners are made of 2ft x 2ft walls. 4 pillars (6"each) with 3 arched doorways on the shorter side. 6 pillars with 5 arched doorways on its longer side. Distance between pillars is 3 feet

Please tell me the size of the area available for my project?

I need a drawing/Map of exactly where the Veranda is to be built.

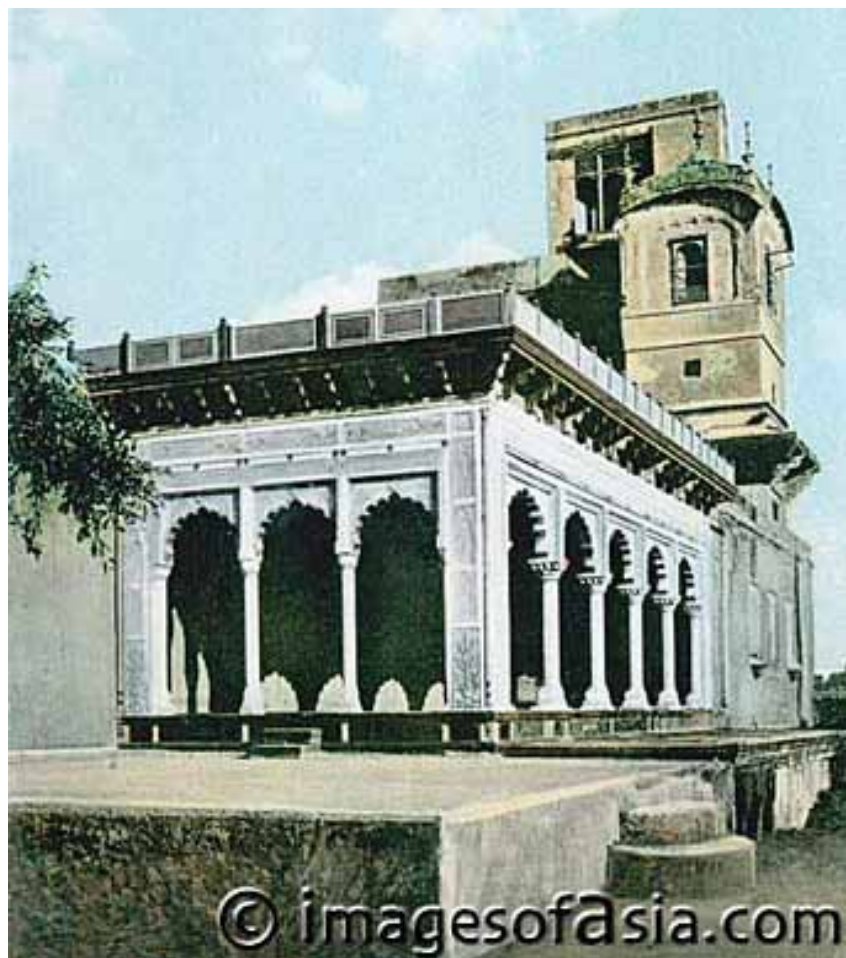
Pillars - Need ready-made 6 inch diameter pillars (Plaster or wood)

**Decorative Arches and plaster railings** – need readymade.

**Height** should be proportional to the school building. **Please specify height from floor to ceiling.**

**ROOF** Made with light wooden- planks, plywood, aluminum foil and water-proofed with plastic or tin, then coated with white paint. This will provide the coolest shade (according to recent studies done on flat-roofed, affordable homes in tropical countries). Are these materials available and used in Pakistan?

**FLOOR** Washable ceramic tiles which are cool & less slippery than marble.



## STEP-BY-STEP CONSTRUCTION DETAILS for VERANDA

IMPORTANT & URGENT: Please ask a Pakistani Builder/Architect about:

- The amount of materials needed and their cost.
- The number of people needed to make a concrete foundation
- Time for the concrete floor to dry and allow construction on top of it.
- Number of people and time needed to complete rest of Veranda in 6days
- **I need step by step instructions** to make this veranda after the foundation and concrete floor is ready. Please ask the building expert to go over my detailed list of building materials and steps.



### FOUNDATION FIRST

- Level the area of building site for a solid, poured-in-place concrete floor.
- Concrete beams are typically placed under the 3-6 inch Concrete slabs for stability.
- Ask an expert to “pour the slab.”

## DAILY STEPS TO COMPLETE BUILDING JULY 31<sup>ST</sup> TO AUG 9<sup>TH</sup>

### STEP 1:

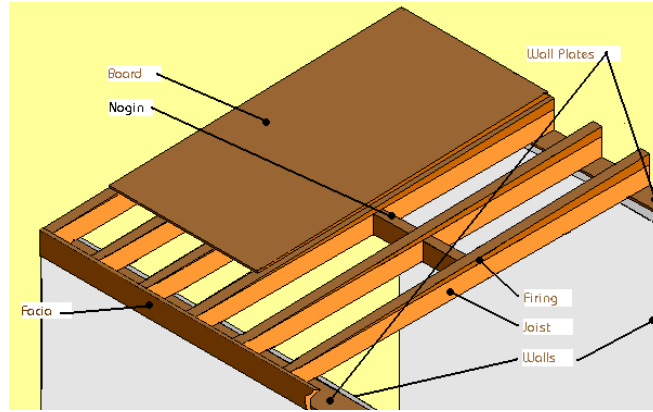
- Build a 2 ft.x 2 ft brick-wall along each of the four corners.
- Paint wood or plaster pillars with 3 coats of oil paint to prevent them from absorbing moisture and rotting, especially at the bottom.
- Paint all decorations for arches and roof trimming

### STEP 2:

- Mark the floor where pillars have to be placed, spacing them as equally as possible. Leave at least 33" between two pillars.
- Half-Pillars (a post cut lengthwise into 2 halves) are to be placed next to the brick-wall in the corners.
- Nail a 3/4" thick plywood sheet to the edges of the brick wall for attaching the half-pillars and better finish.
- Put each pillar over a metal plate and attach to the floor to avoid rotting at the bottom due to moisture absorption.
- Fix a BEAM (lumber or plywood) placed across the tops of pillars and brick walls of veranda. (Beam must be same thickness as posts to allow easy fitting of decorative arches under the roof later on)
- Attach a LEDGER (1" thick wood or plywood), horizontally to the side of the building across the veranda pillars. As there are no pillars or beam attached to the building, the ledger provides a support for the roof on this side. Keep the Ledger 2" higher than the beam over pillars to allow a slight downward slope towards the front (for water drainage).

### STEP 3:

- Place RAFTERS (lumber or plywood planks) perpendicular to the beam and on top of the beam, with the other end on the ledger. Space these 16-24" apart and nail them at both ends, along the entire length of veranda.
- Nail Plywood boards to rafters all over the roof.



#### STEP 4:

- Secure rigid plastic sheet-board to waterproof entire roof
- Cover the veranda ceiling inside with thin plywood

#### STEP 5:

- Paint roof with white paint to deflect sunlight
- Decorate area between pillars, below roof, with brackets or arches made of plastic or plaster
- Decorate edges of roof-top with white trims made of light materials
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#### STEP 6:

- Finish floor with locally made floor-tiles. Mostly supervise and lead the experts and volunteers.

## TOOLS, MATERIALS & SUPPLIES

Please help me by checking/changing the following list, giving me the information ASAP and ordering all materials (placing an order for those things that are custom-made) so that I can start building with my team on July 31<sup>st</sup>.

### TOOLS

All tools needed for construction, and building experts, will be provided by local people and ITA. For example: Hammers, drills, ladders, measuring-tapes, pencils, shovels, wheelbarrows, ground-level measuring equipment, screw-drivers, pans, pails, water-hoses, etc.

### MATERIALS

I will buy the following materials from Pakistan, with the help of ITA representatives, because it will be cheaper to buy them there.

#### 1) Material for Shelves and Cabinets - Quantity – Cost

- Shelving material (what kind, size, amount)
- Cabinet doors
- Door-knobs
- Cabinet Locks
- Wood glue
- Nails and other hardware for attaching shelves to wall
- Hinges, steel brackets, plastic washers, etc.

## 2) Material for Outdoor Classroom/ Veranda (Mughal Design)

- Bricks(what kind, size, how many approximately)
- Pillars ,metal plates, Arches, Trims
- Wood, Plywood
- Ceramic Floor tiles, Cement, Concrete
- Rigid Plastic sheets for top covering of roof
- White Paint for roof, pillars, decorative trims.

3) Textbooks on model citizenship, leadership, health, etc ..... Cost \$150

4) Plastic Furniture for 50 students ..... Cost \$350

5) Arts and Crafts ..... Cost \$300

6) Cricket bats (2), wickets and 2 balls

7) Soccer balls (2), Checkers, Deck of cards and a Carom board game

8) Take old Computer and printer from USA for kids

All items from #2 to #8 will be donated locally or bought with donated money

### SUPPLIES

All teaching aids such as paper, pens, printer, and copier, personal computer for my use, markers, blank-posters, black-board, and chalk will be provided by the sponsoring institution, ITA.

I will use my scout hand-book to prepare handouts for teaching Life Skills. (See all the Topics under my 'schedule' and a sample hand-out attached) All school going kids know simple English by grade 6 or 8 and love watching English TV shows.

Food for baking by me (pizza and cookies) will be bought from my own allowance. I'm planning to use the local Tandoor as a substitute-oven!

I am taking some of my favorite [Disney movies](#) on video-tape and an old video- [DVD player](#) to put in the LEARNING & HEALING center.

I will take [photographs](#) with my own digital camera and ask ITA representatives and local children to take some pictures too.

## SCHEDULE for MIR BOKHARI

### Boy Scout Troop # 157

[June 19<sup>th</sup>, 2009 onwards](#)..... Communicate with ITA in Pakistan, work on Initial Plan, discuss details and obtain Approval signatures on official workbook from Mr. Heath, Scoutmaster and Troop Committee Chairman, ASAP!

[July 1<sup>st</sup> to 8<sup>th</sup>](#) ..... Submit Project Proposal for Approval to the District Council Office at 490 Union Ave; Framingham.

[July 1<sup>st</sup> to 28<sup>th</sup>](#) ..... Communicate regularly with ITA Representatives and building experts in Pakistan to streamline and refine plans. Prepare teaching handouts, collect donations from friends and family, pack bags, and check with dentist and doctor. Learn basic words in Urdu and Pashtu.

[July 29<sup>th</sup>, 2009](#) ..... Leave for Islamabad, Pakistan

### DAY ONE - July 31<sup>st</sup>, Friday

- Arrive in Islamabad around 6 am local time
- Unpack. Change into kurta-shalwar.
- 10am: Visit ITA Representatives, IDP team, staff, etc
- 11am: Discuss building plans with Carpenter/Builder and visit site#1
- 12noon: Meet with kids & teachers at school of site #1
- 1pm: Break & Special Prayers for Project
- 2:30pm: Visit school for installing cabinets/shelves & setting up books, etc
- 4:30pm: Return to home-away-from-home!

### DAY TWO - Aug 1<sup>st</sup>, Saturday

- 9:00am — Start Building Veranda at Site for#1. The foundation should already be made by then because one of my team members will arrive on July 10th & help with buying all the materials.
- 9:00 – 9:30am --- I will explain my building project in detail to all my helpers with colored drawings and invite children to come and watch or help. Will write down a list of those who can help and assign simple tasks.
- 9:30 – 10:00am ---- Take “before” photos.
- 10am – 1pm .... Proceed with **Step 1** and complete brick corners and painting pillars in 3 hours with help from experts & volunteers
- 1:00pm --- Lunch and travel
- 2:00 – 4:00pm --- Teach/Learn/Share
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### DAY THREE, Aug 2<sup>nd</sup>, Sunday

HOLIDAY

### DAY FOUR, Aug 3<sup>rd</sup>, Monday

- 9 am – 12:00 pm --- Proceed with Completion of **Step 2** of Building Plan  
Take photographs during and after.
- 12 pm - 2:00pm --- Lunch and Travel to site#2
- 2 pm - 4:00pm --- Shelves/Cabinets installation with volunteers

#### DAY FIVE, Aug 4<sup>th</sup>, Tuesday

- 9am-12:00pm --- Complete **Step 3** of Building Plan and take photographs.
- 1pm-2:00pm --- Lunch and Travel
- 2pm-4:00pm --- Setting up equipment in the installed shelves/cabinets.

#### DAY FIVE, Aug 5<sup>th</sup>, Wednesday

- 9am-12:00pm --- Complete **Step 4** of Building Plan and take photographs
- 1pm-2:00pm --- Lunch and Travel
- 2pm-4:00pm --- Teach/Learn/Share

#### DAY SIX, Aug 6<sup>th</sup>, Thursday

- 9:00am-12:00pm --- Complete **Step 5** of Building Plan. Take Photographs
- 1:00pm-2:00pm --- Lunch and Travel
- 2:00pm-4:00pm --- Teach/Learn/Share

#### DAY SEVEN, Aug 7<sup>th</sup>, Friday

- 9:00am-12:00pm---Complete **Step 6** of Building Plan and take photographs
- 1:00pm-2:00pm --- Lunch and Travel
- 2:00pm-4:00pm --- Teach/Learn/Share

#### DAY EIGHT, Aug 8<sup>th</sup>, Saturday

- 10:00am-2:00pm --- Say Goodbye to Volunteers and Children  
Share photos, video, memories.

AUG 9<sup>th</sup> to AUG 17<sup>th</sup>

TRAVEL TO LAHORE & KARACHI WITH FAMILY