

## Accommodation for ARK Volunteers

Cost: Free

Eligible volunteers are those who come to help ARK for more than two consecutive days, and for whom commuting from home would be difficult. Volunteers who live far away take precedence.

Meals: Self-catering

(Basic cooking utensils and kitchen facilities are provided)

You are responsible for preparing your own breakfast and supper at the dormitory, and bringing a packed lunch to ARK. There is a refrigerator, microwave oven and kettle at ARK, and you may also use the crockery and cutlery.

Facilities at the dormitory

Refrigerator, toaster, microwave oven, cooking utensils such as pots and knives, tableware such as plates and cups, rice cooker, washing machine. There are rooms with and without air conditioning. In those without, an electric fan for the summer and oil fan heater for the winter are provided. There is a shower and toilet, plus mattress and bedding such as quilts, blankets and pillows. Note that sheets, pillowcases and other linens are not provided. Please be sure to bring your own.

- 1 In some cases you may be required to share shower, toilet and kitchen facilities with other residents.

Getting to and from ARK

As a rule, transportation between the dormitory and ARK is your responsibility. We are unable to guarantee lifts for you every day. On the day of your arrival, however, a member of staff will take you to the dormitory.

Nishibetsu-in:

Approximately 20 minutes by car. There is no access by public transport.

Yoshikawa:

15 minutes on Hankyu bus plus 30 minutes walk, so 45 minutes in total. Bus fare is 350 yen each way. The journey takes approximately 20 minutes by car.

Cleaning

Daily cleaning of the dormitory is your responsibility. We would also request that you clean the bedroom, kitchen, bathroom and toilet thoroughly on the night before your departure, and ensure you return the accommodation to the condition in which you originally found it. Failure to do so may result in your application for accommodation to be refused next time. Cleaning equipment including vacuum cleaner are provided at the dormitory.

### Essential items for your stay

Food, towels, clothing and other items for your daily needs, sheets and pillow cases (mattresses, blankets and pillows are provided at the dormitories, but linens are not).

You may bring your food with you, or send it by post to ARK to arrive on the day of your arrival or the day before (clearly labelling parcel "Volunteer/Personal"). There are hardly any food stores in the vicinity either of ARK itself or the dormitories. You are also requested to bring a packed lunch when you come to volunteer at ARK. There are no restaurants nearby. A drinks vending machine is available at ARK.

### Internet and mobile phones

There is no access to the internet. As far as mobile reception is concerned, Au for the most part is good, as is Docomo. There is little or no Softbank coverage either at the dormitories or ARK.

### Arrival time

On your first day, a member of staff will take you to the dormitory, so please come directly to ARK in the first instance, ensuring that you plan your trip to arrive between 10am and 4pm. For our convenience, we request that you strictly keep to within these times. Please be sure to notify us of your arrival time by the previous day.

### Booking

Please contact the ARK office by either email or phone. Spaces are limited, so early booking is recommended. It is not possible to allocate a room to you if you contact us immediately beforehand. Please let us know at least 1 or 2 weeks in advance. We receive many booking inquiries during the summer, so where possible you should contact us around a month beforehand during that period.

ARK Office  
[ark@arkbark.net](mailto:ark@arkbark.net)  
072-737-9712

\* There are also normal boarding facilities costing 3500 to 4000 yen a night within easy driving distance of ARK. If you are coming by car, we can introduce these to you. Please contact the office if you have any other queries regarding accommodation.