

CPCS

“Child Protection Centers and Services”



Dossier
« Becoming a volunteer for street children
and children at risk in Nepal »

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Being a volunteer

Volunteer, tourist, friend and sponsor : there are many ways to do « something ». « Volunteering », working for a good cause, is growing in importance all over the world. And the boundaries between humanitarian tourism, cooperation, social work, north-south relations and self-financing programs are often difficult to distinguish. Therefore, the functioning of our project needs some explanations.

At CPCS, the following is expected from the volunteer :

- to help the children during classes and with their homework (for the schooling boys and girls) ;
- to help in the kitchen or with domestic chores ;
- to organise cultural, artistic or sports activities ;
- if necessary, to help with administrative tasks (translations...).

General conditions (to be read carefully !):

1. Being 18 years old.
2. Being autonomous and independent. This is an important condition to be able to work in the existing structure. The volunteer must not be a burden to the team. He has to manage his daily routine and transportation himself, and be able to deal with the difficulties that come with distant travels (cultural, social, medical, practical).
3. Being prepared and informed about the country, reading the documents about the project and undertaking steps to raise funds (as a participation to the project and its centers and departments).
4. Being insured by a (mutual) insurance company that covers medical repatriation, and support costs (even in case of conflicts in the country).
5. Coming to Nepal with an active, respectful and social attitude.

Some remarks :

- a. There are excellent travel agencies that organise trips to Nepal (and the Nepalese economy needs them). You can contact them for a touristic trip.
- b. The hippie scene in Kathmandu is over since 30 years. Go to Amsterdam, it's closer.
- c. To meditate and resource yourself, there are excellent Buddhist centers and Hindu ashrams all over the world. The children for whom we work already, face enough psychological and identity problems. They are living in the hard reality of having to survive every day.

→ Being a volunteer is devoting oneself to others, sharing with them, giving, learning, watching, feeling, living, creating... but it is also a difficult step to integrate oneself in an existing system.

CPCS (Child Protection Centers and Services) :

CPCS was founded in 2002 to meet the needs of the street children of Nepal. Hundreds of children leave their village yearly, attracted by the temptation of the « big city ». When they arrive in the « Eldorado », they are confronted with the hard reality of streetlife. Far from home and abandoned, they face abuse and danger (moral, physical and sexual).

CPCS was founded to support those children and youngsters, and to prevent more children from finding themselves in the hard streetlife.

The organisation works in three steps :

1. **Prevention (before and during streetlife)** : intervention focused on two points :
 - try to prevent the child from arriving in the street ;
 - make village communities, both parents and children, aware of the reality of streetlife.
2. **Reduction of risks (during streetlife)** : immediate shelter and security to avoid, diminish or prevent risks.
3. **Rehabilitation (after streetlife)** : Long-term help to get out of marginality and become again a full member of society.

Our organisation currently has eight centers in the Kathmandu valley and eightteen regional centers (Butwal, Gorkha, Dolakha, Sindulhi, Jhapa, Narayangadh, Itahari, Lahan, Birtamod, Biratnagar, Katari, Sarlahi, Ramechhap, Chautara, Banepa, Hetauda, Surkhet and Nepalgunj). In these last centers, CLASS (CPCS Local Action Support and Services) is organised.

Our organization helps **850 children** daily. **400 to 500 children** are supported in the rehabilitation centers and through the socialising program. **1.100 ex-street children and children at risk** go to school. All receive medical and legal support.

The programs in which the volunteers can be implicated :

Program 1 : The rehabilitation and schooling program for boys (Kathmandu-Dillibazar)



Children in the **rehabilitation program** are accommodated in this center. This phase takes as long as the child needs it and until he can go back to his family or another organization. The child can also evolve to the schooling program.

This center also hosts the **schooling program**. This program is part of the rehabilitation program, which is the first phase where the child, who just comes out of the street, is integrated socially through art, education, sports and psychological support. When it appears that going back to the family is not possible and the child shows interest and will to go to school, the rehabilitation program will make this possible and encourage the child strongly. We support all children who want to go (back) to school. In all centers where there is a schooling program, we launched the « Kitchen Club » system. In the Kitchen Club, the children cook their own meal.

The shelter and rehabilitation center accommodates 150 children. The rehabilitation program consists of four steps.

The « elite » center for boys who take their studies seriously or boys who want to have another education outside school.

Details concerning volunteering in the rehabilitation center for boys :

- Maximum three volunteers (M/F) ;
- Schedule to arrange with the head of the department, from 9 am to 5 pm. (not earlier, nor later because of several reasons) ;
- Helping the schooling boys with their homework ;
- Cleaning the center, washing clothes (there are no washing machines) ;
- Organising fun activities (in between class hours) ;
- Activities on Saturdays and holidays (only in the center) ;
- Helping during the Kitchen Club ;
- Supporting those who do not go to school during class hours ;
- Maintenance activities in the center (painting, etc., if the budget allows it) ;
- Musical and sports activities ;
- Basic English is necessary for a good communication with the team ;
- Snacks and meals with the children are allowed during work hours.

Program 2 : The rehabilitation center for girls in Lazimpat :

The girls center in Lazimpat functions according to the same principles as the boys center. The center can accommodate 40 girls. There is also a rehabilitation program that targets girls specifically. Thanks to the « back to school » program, almost all our girls have found their way back to school. They come from the street or were entrusted to us by the police or other organizations. They all come from very difficult situations, street life, domestic violence or victim of the Maoist conflict.



Given the past of our girls (abuse), only female volunteers are allowed in this center.

Details concerning volunteering in the rehabilitation center for girls :

- Sports and/or cultural activities (only in the center) ;
- Helping during the Kitchen Club ;
- Maintenance activities in the center (painting, etc., if the budget allows it) ;
- Musical and sports activities ;
- Basic English is necessary for a good communication with the team ;
- Snacks and meals with the children are allowed during work hours.

Program 3 : The Siphah Shelter

The Siphah Center is located at thirty minutes walking from the house for the volunteers. The center hosts different programs.

- Shelter for boys ;

Details concerning volunteering in the Shelter(boys) :

- Maximum three volunteers (M/F) ;
- Cleaning the center, washing clothes ;
- Organising fun activities, sports, creative activities ;
- Helping during the socialising and reading/writing classes ;
- Organising activities each afternoon ;
- Activities on Saturdays and holidays (only in the center) ;
- Helping during the Kitchen Club ;
- Maintenance activities in the center (painting, etc., if the budget allows it) ;
- Musical and sports activities ;
- Basic English is necessary for a good communication with the team ;
- Snacks and meals with the children are allowed during work hours.
- Reading stories and play games with the sick and recovering children in the Clinic.



Program 4 : The prevention and rehabilitation center for boys and girls in Dolakha District :

In order to provide support for children at risks and street children's medical needs, CPCS has decided to open a Rehabilitation Center in Dolakha District.

The Dolakha Center is still under construction and will include (from July 2015):

5 cottages to shelter 60 children (12 per cottage), those children will be in rehabilitation from level 2 to level 4 (schooling). The main idea is to bring back those children to their own family as soon as possible (family care, kinship care, community care). It's a mid-term care program.

A Health Post to provide care to those 60 children and medical support/protection to the 420 beneficiaries of CPCS CLASS Program (Supported in their own family nearby the center)

A Central Building with administration area, one hall, two staff rooms and a sanitary area (large bath room with a girls and a boys section)

Details concerning volunteering in the Dolakha center for boys and girls:

- Maximum 4 volunteers (M/F) ;
- Schedule to arrange with the head of the department ;
- Helping the schooling children with their homework ;
- Cleaning the center, washing clothes (there are no washing machines) ;
- Organising fun activities ;
- Activities on Saturdays and holidays (only in the center) ;
- Helping in the kitchen ;
- Supporting those who do not go to school during class hours ;
- Maintenance activities in the center (painting, etc., if the budget allows it) ;
- Music and sport activities ;
- Help with the agriculture program (farming, maintenance of the greenery) ;
- A helping hand with the construction works ;
- Basic English is necessary for a good communication with the team ;
- Snacks and meals with the children are allowed when on duty.

Program 5 : The administration:

The administrative headquarters are located in Kathmandu. We need interns or competent administrative forces. Knowledge of English is compulsory. Daily visits and participation to activities in the rehabilitation center (boys) in the neighbourhood are recommended, in order to combine social work and administration. Our requests concerning administration are precise, and the mutual expectations and possibilities are discussed beforehand.

Work and schedule :

From 9 am to 5 pm from Monday to Friday (week-ends and Nepalese holidays off).

Minimum conditions :

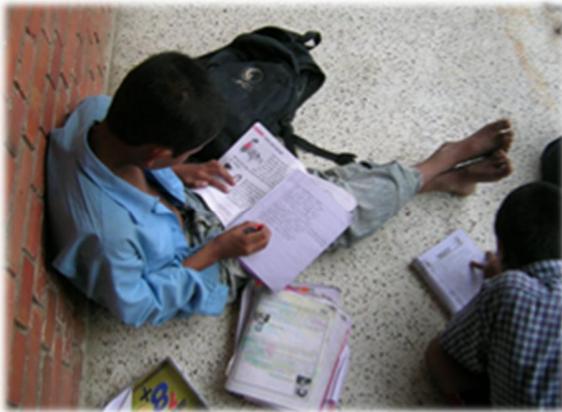
- Correct English or better ;
- Knowledge or interest for :**
- Management of NGO
 - Websites (French, English, Dutch)
 - Fund raising
 - Writing reports (French, English, Dutch)
 - Inventory management
 - Corrections or translations English
 - Entering data
 - Statistics, research, analysis

Details concerning volunteering in the administration :

- Maximum 1 volunteer
- Schedule from 9 am to 5 pm, except for week-ends and holidays
- Necessary to master English for communication with the team and the administrative work.

Days off

The volunteer can choose two days off per week. In some exceptional cases, the volunteers can have 2, 3 or more days off in a row (for example ; small vacation outside the Kathmandu valley).



Housing, meals and transportation :

From December 1st 2011 on, CPCS accomodates its volunteers in a quiet, comfortable flat in Baluwatar.

The financial contribution that we ask for the room covers the costs, but also means an extra contribution for the centers of the children. Depends also on the duration of your stay (25-35%).

Price list per night and per person in Kathmandu

2 single beds per room	Single (if you don't share with another volunteer)	Double (if you share with another volunteer)
"standard" room	15 Euro	10 Euro

The following facilities are included in the price :

- Airport pick up
- Cleaning of the room and common facilities (twice weekly)
- Clean sheets (once a week)
- Free Wifi
- For the volunteers : breakfast and snacks in the centers while on duty
- Safe drinking water
- Cold and hot water

The rooms :

Comfortable standard rooms with 2 single beds, common bath- and rest rooms.

For the Dolakha Center :

Volunteers in Dolakha have their own accommodation in a separate cottage. There is a common room, 2 bathrooms, and a big shared bedroom. **There fore we ask 12 Euro per person/per night. This price includes the transport from Kathmandu to Dolakha and all meals, tea and snacks.**

Fund raising (not compulsory) :

It is important to know that CPCS does not benefit from governmental funds nor receives international grants.

Our survival and independence of the projects depend on our capacity and efforts to gather funds worldwide. Thousands of children are dependent on and receive support from CPCS. This adventure must continue to live and giving the growing need, the gathering of funds is the utmost importance.

We ask the volunteers to gather a contribution, before or after their trip to Nepal. Volunteering as such is for free, but this fund raising is for us a guarantee that the participants, who come to our centers are not « well intentioned tourists », but motivated people who put a lot of themselves into our cause and the children we support.

« Fund raising » is an important part of our administrative work. Therefore we think it is logical to implicate people who come to Nepal with a real intention to help us in this.

The financial situation of the volunteers should not under any circumstance be an obstacle to a participation to the programs. It is self-evident that the private costs of the trip must be covered in one way or the other. Our program does not only target wealthy people. We advise the future volunteer to mobilise his close environment (family and friends), to organise events, to contact local institutions (clubs, scouts, organizations). You can also sell books that are at your disposal (The Street Children of Nepal – a research done by Jean-Christophe Ryckmans and the CPCS team). One sold copy gives 11 Euro profit to the organization. This financial contribution is not supposed to come from your personal resources, but rather from your motivation and energy for our organization.



To arrange yourself (not done by CPCS) :

- The visa. It can be obtained in the Nepalese embassies in Europe. (Belgium : 210 avenue Brugmann 210, 1050 Brussels) or directly at the airport in Kathmandu. Attention !! The Nepalese tourist visa is only 5 months (150 days) valid and long-term visas are very difficult to obtain.
- The plane ticket. The prices vary (from 600 to 1.500 Euro). Different companies fly to Nepal. Gulf Air, Qatar Airways, Etihad, Jet Airways, etc.
- Vaccinations. Talk about it with your doctor. The most important vaccins are : typhoid fever, hepatitis B, possibly meningitis and don't forget the basic vaccinations such as tetanus. Malaria pills are not necessary, except if you plan on going to the Terai (Chitwan).
- Insurance and medical care (there are payable by and the resposibility of the volunteer, contact your mutual insurance company).
- The pharmacy. Foresee the necessary and don't forget the mosquitos.
- Personal hygiene
- Clothes dependent on the season. The Winter is quite cold (long pants and warm jumpers), the summer is very hot and rainy due to the monsoon (summer clothes and embrella).
- Transportation and taxis. Very cheap. Local buses are extremely cheap.
- Other personal costs (dependent on own needs and budget).



Important rules and useful advice :

- It is important **not to give anything directly** to the children. Our « education-ticket » system and our philosophy don't allow this.
- **Respect the Nepalese legislation.**
- **Alcohol is strictly forbidden in our centers.** Even drinking 1 glass before entering a center is not allowed.
- **Do never give or lend any money to our staffmembers.**
- Pay attention to your **personal belongings, Don't bring** any valuable things with you in the centers.
- The use of **marihuana** or any other type of drugs is **strictly prohibited**.
- **It is not allowed to be alone with a child** (without the presence of a staff member).
- It is **not allowed to leave the center with one child or a group of children without a written permission** (seldom) of the administration (even if it is an organised group activity). We do not allow the volunteers to do any fieldwork. This makes the task of the fieldworker harder and can be negative for the children. A visit outside the center and in the field can exceptionnally be organised, with permission of the direction and the management.
- Concerning pictures we have a **strict policy** (consult our brochures). Do always ask permission before taking pictures of the children and try to avoid the use of camera's in the centers. Do not exchange pictures with other volunteers. Once back home try to respect our policy and do not show any profiles (except in some cases such as the documovie Beli). Give the priority to grouppictures. The pictures on which the children can be clearly recognised can only be shown in private circles (except with the permission of the administration).
- **Creating a good bond with the staffmembers is important.** Do nevertheless keep in mind that keeping a social harmony in CPCS isn't an easy matter. For example : a high number of staffmembers, difficult work conditions, low salary, huge work pressure, cast-system (and difference), different backgrounds, etc. Avoid mingling in tensions that could exist between staffmembers such as jealousy or agony. No gifts should be given.
- **ATTENTION !** A CPCS volunteer comes to support the children and the organization. In order to maintain a good atmosphere it is important to keep in mind the cultural differences, the attraction of occidental stuff (visa, money...). **Again : it is important to maintain a good atmosphere. Holiday flings with staffmembers are very inappropriate !** Relationships between a staffmember and a volunteer will be immediately sanctioned. The volunteer aswell as the staffmember will have to leave the organization immediately.
- Be aware of the fact that for our staffmembers aswell as the inhabitants of our centers « the european » and the country where he comes from is a dream to them. A paradise. **Avoid maintaining this stereotype.**

- **Be aware that some things in CPCS may seem odd and incomprehensible.** Nothing is black or white. Our organization and our staffmembers definitely have their flaws but also a lot of qualities. Avoid judging the staffmembers and the children too fast. They often have years of streetlife behind them...
- **Nepal** is not a **dangerous country**, even if the media pretends it is. In Kathmandu in particular, the situation is absolutely under control. Still, you need to be vigilant and don't go walking alone by night, etc. In times of political troubles (which occur quite often) it is important to follow the instructions of the local administration and the European head administration. We are not responsible if these instructions aren't followed by the volunteer. We consider the volunteer as a mature independent person with a sense of responsibility.
- **Avoid encouraging streetbegging and do not give any money to the streetchildren.** We are trying to stop this moneyflow that makes some children even more rich than our staffmembers. This makes the children be more distant towards our services (more info in the brochure).
- **Any information about the life and background of our inhabitants such as illness and abuse are strictly confidential.** Keep this in mind. Avoid using this information (for example for a research) without the authorization of the organization. We are open to university research but respect professional secrecy. This is of great importance. Also the streetchildren have a right to privacy. Some subjects are sensitive and must be left secret such as seropositivity, the past of an abused child, criminality, etc. On the other hand it is problematic and difficult to create a bond of trust with the child when it is constantly being overwhelmed by researchers who always ask the same questions.

Useful advice :

- Drinking one glass of alcohol (one or more) in the evening is of course allowed. But make sure that parties don't have a negative influence on your work.
- Buy a travelguide such as Routard or Lonely Planet and a small dictionary.
- **Cultural tips :** avoid shocking or hurting other people. For the ladies : do not wear short clothing. Uncovered legs and shoulders are not tolerated. Do not eat from your neighbours' plate. Nepalese people are generally very tolerant, yet you should respect their cultural values.
- **Do not hesitate** to visit other centers that help streetchildren, because CPCS relies on cooperation and mutual enrichment.

House rules in the CPCS – volunteers house :

- Keep in mind that the accommodation is not a hotel but a « community home ». Maintain a good atmosphere and make sure everybody has a good and pleasant time.
- Treat the house owners and nepalese employees in the house with respect.
- The use of drugs is strictly prohibited.
- It is not allowed to bring guests nor children our youngsters into the apartment. In case an « outsider » (also a staffmember of CPCS) is invited, the direction of CPCS International has to be informed about it.
- Respect the hygiene of the common bathrooms.
- The house is situated in a quiet, residential neighbourhood. After 8 p.m. silence must be respected.
- Respect the infrastructure and surroundings of the house.
- Remember being polite and respectull in the common areas.
- **In Dolakha** : don't forget you are in a remote area and respect the environment you are living in.
- Respect the dress code, no naked shoulders, bare legs.
- Always consult your In Charge before you plan any activity.

Nepal :



Is a small country of 147.181 km² situated between India and China. There is a big diversity in landscapes.

Till 1951 Nepal was a closed kingdom to foreigners. The most important source of income was agriculture. Very fast Nepal became a popular destination of hippies but now it attracts a lot of tourists (treks, hiking, safari and rafting). Also a lot of occidentales are attracted to Nepal in search of spirituality.

The official language is Nepalese and the currency is the nepalese rupee.

Nepal is one of the poorest and least developed countries on earth. 42% of the population lives under the povertyline. The population contains 60 different ethnical groups and casts. 80% of the Nepalese are Hindu. Bouddhism is the second religion. You can find temples in Nepal where both religions are being practiced.

Untill short Nepal was a constitutional monarchy with King Gyanendra as head of the state (2007). This after the murder of his brother King Birendra.



The new impopular king is accused of being against a multi-party system. In 2007 there was a transition government, consisting representatives of all most important political parties.

Five of those ministers belong to the maoist ex-guerilla.

On the 28th of December 2007 the parliament approved resolution with 270 votes against 3. This resolution abolished the monarchy.

After the elections in mid-april 2008 a new governmental body was created that had to establish a new constitution and declare Nepale as a « federal democratic republic ».

At this moment Nepal continues it's difficult and chaotic way towards democracy.

This is a very difficult task because of the fragile economical system, the extreme poverty, the ethnical differences and the cost of demographic growth.

Information :

www.nepalnews.com

www.kantipuronline.com

The volunteering procedure :

When you have read the document carefully and taken a decision you can send your application to following addresses : cpcs_int@hotmail.com and ingebracke@hotmail.com

Once your application is accepted, do not forget that your stay will be only be confirmed once you have paid the contribution to the organization. These funds will be considered as a donation to our different projects and not as enrollement fee as volunteer. This donation will not be refunded.

Reminder for the visa :
a visa for Nepal is valuable for maximum 5 months (150 days)

Reminder ; the contribution has to be paid beforehand. For us this is a guarantee that the volunteers who are coming to our centers aren't tourists but motivated people who want to invest themselves for our cause and really want to help the children.

The experience in CPCS, participating in the process, helping to finance this fantastic adventure is an unforgettable enrichment.

Our projects are not financed by governments or international development organizations. We depend on institutions, small enterprises, NGO's and the contribution of individuals. The continuity of our projects depends on our capacity of collecting funds and support all around the world. This is why we ask you to contribute aswell.

Young or a little older, keep your personal finances for your travel (we don't want you to indebt yourself for us). Try to find other sources to support our projects (local clubs, sportsorganizations, schools, friends and family...).

Our priorities shouldn't under any curcumstance be an obstacle and our program is not only meant for the whealthiest among us.

Mobilise your environment, organise a dinner party, a dance evening, a second handsale, sell chocolate, cakes... those few hours of your time are for us a proof of your motivation and implication.

This financial contribution will not be refunded in case of cancelling, unsatisfaction or exclusion of the volunteer. Neither in case the guidelines and the work at CPCS weren't followed.

Once your application is accepted you will receive a

Welcome gift by mail, containing :

- *A DVD of the movie « Beli »*
- *A DVD-documentary about CPCS*
- *The book « Hope at the end of the road »
about the foundation of CPCS*
- *Divers brochures and documents*

Do not hesitate to contact us if you need more documents or brochures in your search for funds.



[A small guide – The beginning of your journey :](#)

***So, your plane lands in Kathmandu – you're finally there... Welcome !!
We advise you to exchange a bit money in the airport (a small amount).***

***The exit of the airport is full of taxidriviers, people who offer you all kinds of « good deals », cheap lodging, etc.
Do not follow them. A CPCS member will wait for you at the airport (outside) with a small signboard with your name written on it.***

***In case you lose the way or your play is delayed please call
Arjun M Bhattarai (9841410328) or Bijesh Shrestha (9841572649
Or the number of the headquarter (016-22 46 60)***

At the headquarter you will receive the necessary information. The next morning a visit to our centers will be organised.