

Work Camps at Nepal



Do you want to help make a positive difference in people's lives by being part of an international short-term volunteer project? Want to give back to the society through meaningful travel? Looking for top rated, inexpensive and safe volunteering opportunity in a foreign country to spread the common good? Then you have come to the right place.

By joining NVCYE's Work Camps you will get once-in-a-lifetime opportunity to live your passion of helping others, while working and living with young people from across the world. In this program, you will make many new friends, live with a local host family and immerse yourself in their culture and language. During the work camp, you will also gain vital life skills like effective communication, learn social and organizational skills and enhance the ability to work in a team and lead from the front. At the same time, you might also take up excellent

hobbies like hiking, travelling, and photography and develop passion for humanitarian works and working in nature conservation by participating in this program.

All in all, you are guaranteed to have a memorable time helping others in need while exploring new culture, place, natural wonders and tourist attractions. This is the most meaningful as well as safe way for you to contribute in your own little way to help change the world for the common good.

NVCYE will organize regular work camps for a minimum of five participants on wide range of issues and purposes for a period of 10 to 15 days (the duration can be extended upon request from the organization sending the volunteers). The work camp is organized during the summer with special focus on conservation and during winter and Christmas break with special focus on teaching and renovation work.

Kathmandu



Kathmandu is the capital of Nepal and the largest metropolitan city, the other two sister cities are Patan or Lalitpur and Bhaktapur. The short form of Kathmandu is KTM, Kathmandu is surrounded by four major mountains, namely: Shivapuri, Phulchowki, Nagarjun and Chandragiri, the city stands at an elevation of approximately, 1,400 meters in the bowl-shaped valley in central Nepal.

English and Hindi are understood by most of the people, and a significant number of the population speaks any of the foreign languages like: French, German, Chinese, Hebrew, Korean etc. The literacy rate is 98% in the city.

Among urban areas in Nepal, Kathmandu being the premier cultural and economic hub of Nepal is considered to have the most advanced infrastructure. The sister cities of Patan, and Bhaktapur are integral to Kathmandu, from the point of view of tourism, economy and cultural heritage. Even the cultural heritage recognition under the World Heritage list of the UNESCO has recognized all the monuments in the three urban agglomerates as one unit under the title **“Kathmandu Valley-UNESCO World Heritage Site”**.

Kirtipur

Kirtipur is one of the oldest Human settlements in the Kathmandu Valley. This tiny town is recorded as an ancient capital of Nepal. Kirtipur means “a famed town” in Nepali language is also known as “kipu” and “kyapu”. The location of this small town is different from the other main towns of the valley in the same that occupies the top of a steep rocky hill. This city of glory is inhabited and also dominated by Newars which are the earliest settlers in the Valley with their own language and cultural norms and values. Originally a Newari foundation, it is no doubt that Kirtipur is still a centre of Newari culture. Volunteers can observe the local festival of the people. They do have their own language Newari Language. So it consists of many **Temples, Gumbas and Churches** as well. They always use their local language when they talk to each other. The place is somehow can see as crowded of students because of the university, called Tribhuwan University. Volunteers can observe the life of Newari people and culture and in leisure time they can walk and see very historical place Bagh Bharab, Chovar Gorge and Taudaha Lake.

Education Program in Nepal

The Educational Volunteering Project in Kathmandu is especially designed for high school students and newly university students who are enthusiastic about traveling and volunteer work. The project will mostly revolve around teaching students at a rural village of Kathmandu and Kirtipur and also includes some awareness program at Kathmandu or Kirtipur district, which falls in the central part of Nepal.



Duration	:	10 days
Program Type	:	Educational Volunteering Project in Kathmandu or Kirtipur
Age of the participants:	:	16-20yrs
Participant's number	:	10-15
Dates	:	June 1 to June 10 June 15 to June 25 July 2 to July 11 July 15 to July 25
Location	:	Kathmandu, Kirtipur
Projects	:	Teaching English, Working with children in an orphanage and working in awareness program
Accommodation	:	With local host families
Distance from the project to the accommodation:	:	5-20 minutes walking
Project time	:	7 am to 7 pm (4-6 hours a day in each project)

Note: Cost covers Registration fees, Food and accommodation for 10 days, Airport pick up and drop

Fees: \$250

Itinerary:

- Day 01:** Arrival and transfer to the hotel. Orientation and welcome dinner!
- Day 02:** Guided Cultural Sightseeing tour in Kathmandu
- Day 03:** Drive to project in Kathmandu or Kirtipur
- Day 04:** Project work starts- teaching English, orphanage and awareness
- Day 05:** Project continues- teaching English, orphanage and awareness
- Day 06:** Project continues- teaching English, orphanage and awareness
- Day 07:** Project continues- teaching English, orphanage and awareness
- Day 08:** Project continues- teaching English, orphanage and awareness
- Day 09:** Project continues- teaching English, orphanage and awareness
- Day 10:** Completion of the project and farewell

Climate:

Summer Season: May, June, July and August.

Place	Temperature low	Temperature high	Remarks
Kathmandu	22 ⁰ C	32 ⁰ C	Rain occurs
Chitwan	30 ⁰ C	38 ⁰ C	Rain occurs
Pokhara	25 ⁰ C	33 ⁰ C	Rainy season

Kathmandu is under Hilly reason where slightly high temperature is expected during summer season. We recommend to our volunteers prepare before hand to feel little bit HOT and Do their best for volunteering work.

These are the recommended material for their personal use:

- Small flashlight – Power cut can be feeling here in Nepal and flashlight is effective to use during night.
- Sleeping Bag- Personal preparedness is good. Gloves mask and sunglasses to use during construction work. Mosquito repellence for personal use to avoid their bite and effect this will be the best way.
- Mosquito Net - For the comfort sleep during Night.
- Some Emergency drugs: Pain killer, Anti allergic, Medicine for cold and flu.
- Anti septic cream, antiseptic plaster and some other plaster to use during emergency.
- Clothes: Comfort clothes to use during Construction. Summer season where light clothes are mostly uses but be sure that you will not have sun burn too.

Vaccine recommended:

Though it is not mandatory but we suggested our Volunteer to have these vaccines before they travel to Nepal.

- Meningitis
- Japanese Encephalitis
- Rabies and Anti-Malaria and Influenza Vaccine

Camps in Kathmandu:

The accommodation is managed at the host family or residency area of orphanage for the stay and the food is managed based on accommodation.

Project is located at Phutung which takes nearly 1 hour from Airport.



The orphanage project is quite needy one. As a volunteer at this project, you will help children with their homework, teach English, support in their health and hygiene and provide love and care to them. You also can organize extra activities like games and plays. If you are interested in

teaching, you can teach during the day time in the same school where the children from the orphanage go.

You also can help in cooking, serving food, washing dishes and clothes of the children. You take children to the school and bring them back from the school. You help them dress well before they go to school. If you have any idea to raise the funds for the project, you equally can do that.

Awareness targeting the people nearby the villages and the children of the orphanage can be performed. Health and sanitation awareness is most practiced. You can create drama by group and ask the children to take participation.

Camps in Kirtipur

Accommodation either managed in Residential area of the orphanage or the Host family nearby school. While staying in the family, volunteers will get typical Nepali food every day. In the host family, volunteers will eat completely Nepali food (Rice, lentil soup, vegetable, green vegetable and green salad).

During the project time, we will split the group in different host families. We do have many host families in Chitwan; one after another. We make a pair and place our volunteers in the host family. Some of the host family can accommodate four volunteers. Staying with a host family, volunteers will have an opportunity to understand about Nepali culture and the way of life people have here in Nepal.

Rules for Volunteers in Host Family

- Please do not make any use of alcohol or drugs in your host family. If your host family asks you to drink alcohol, please be careful. Most of the locally made alcohols are not suitable for western taste.
- Most Nepali people are Hindu; cows are worshiped as goodness so please do not ask for beef.
- Most of Nepalese society is very conservative (or not influenced by western culture), please dress modestly and avoid any dating or romantic activities in the host family.
- Please do not use facilities of the host family (TV, radio, VCR, bike etc) without permission.
- Always keep your door closed when you go out.
- Please wash your clothes and dishes yourself.
- Host families offer Nepali food three times a day. Host families do not serve volunteers separate exotic cuisine.

Medical Facilities in Kathmandu:

All of the following hospitals are located in 20-25 minutes' drive from the accommodation.

Vayodha Hospital Balkhu, Star Hospital Balkhu(For kirtipur) , Maitri Hospital Balaju, Teaching Hospital(Kathmandu) It is providing all sorts of medical services to the locals, occasionally treating them.

Internet/E-mail/Phone Calls:

Local internet café, that is possible but it would take 15-20 minutes' walk or some local family may have WIFI access but it may available up on payment.

Safety:

The safety of our volunteers is our first priority. We work hard to ensure the safety of our volunteers in many levels.

We discuss safety situations, field conditions, locals do and do not, and local culture during orientation. So volunteer will understand most basic stuffs before they join volunteering program.

Volunteers can reach our coordinator at any time. They are ready to support you whenever you need them. Our staff will be together with the group during their project work and stay.

By offering established projects and experienced host family, we further ensure volunteers safety. We had been mobilizing volunteer to those projects from beginning of our program.

Nepal is a peaceful country. Most of the people are friendly, warm and helpful. However, to make your stay safer and more comfortable, we have developed some guidelines. These guidelines were developed with your safety in mind, so please follow the guidelines for a safe and exciting trip. Please remember that every civil society has some unsociable elements. Nepal is no exception in this.

- Please do not go out alone after dark. In case of emergencies, please call your host family, the project leader, or the coordinator.
- Please do not drink alcohol with local people in restaurants.
- Please do not stay or travel alone in forests or isolated areas.
- Please do not join political demonstrations, discussions, and groups. Please avoid any kind of demonstration.

- Please keep photocopies of all of your passports, visas and other important documents.
- Please do not swim in local rivers. Nepalese rivers are often very fast flowing with unseen undercurrents.
- Please avoid eating food from unknown sources.
- Please avoid developing romantic encounters and dating during the project period. Local customs are very sensitive and you must be aware of the consequences of your actions.
- Please call your host family, the project leader, or the coordinator if you require any kind of help. Inform your host family, the project leader, or the coordinator if you are feeling sick, have diarrhea or any other illness.

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- Mosquito Net - For the comfort sleep during Night.
- Some Emergency drugs: Pain killer, Anti allergic, Medicine for cold and flu.
- Antiseptic cream, antiseptic plaster and some other plaster to use during emergency.
- Clothes: Comfort clothes to use during Construction. Summer season where light clothes are mostly uses but be sure that you will not have sun burn too.
- Clothes which are suitable for the Nursery work and painting is good.

Vaccine recommended:

Though it is not mandatory but we suggested our Volunteer to have these vaccines before they travel to Nepal.

- Meningitis
- Japanese Encephalitis
- Rabies
- Anti-Malaria and Influenza Vaccine

(NOTE ; Activities in the School for school teaching can be performs during the month of June only because of the weather , the temperature rises very high in July so most school remains closed)

Visa:

All foreigner travelers need VISA. You need a valid passport including two passport size photos and VISA fee. You can get tourist visa at the airport upon arrival in Nepal. It costs \$25, \$40 and \$100 for 15, 30 and 90 days visa respectively. You also can get visa contacting Nepali Embassy in your country. It has come to our attention that government of Nepal has made a free entry for Chinese Nationality.

Note: our participants will get a “certificate of participation” after the completion of their project.
