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VOLUNTEER PROGRAM NEPAL



INFORMATION PACKET

Volunteer Program Description, Application Form and Waivers of Liability

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Volunteer Program Description

Nepal

Nepal is a small, peaceful country known as “the land of spirituality” located between two large countries, China and India. The two majority religions of Nepal are Hinduism and Buddhism. These two religions share a special relationship with one another as Lord Buddha, one of the greatest Peace Messengers was born in the southern part of Nepal to a Hindu family.

Although a small landmass, Nepal's topography is amazingly diverse climbing from as low as 60 m to 8,848 m above sea level. Nepal's cultural and linguistic diversity, landscape, beauty and spiritual vibrancy make it one of the world's most desired travelled destinations.

Nepal is not only home to countless monasteries, beautiful temples and magnificent mountain peaks such as Mount Everest, better known as “the roof of the world,” but also to ten of the world's heritage sites. These include a sacred place in Lumbini where Gautam Buddha was born and Sagarmatha and Chitwan National Parks. Seven of the world's heritage sites are found inside the Kathmandu valley close to the Helambu Region where our COE Chapter and Volunteer Program are located. This beautiful Valley lies at the crossroads of ancient civilizations of Asia and has at least 130 important monuments, including several places of pilgrimage for the Hindus and the Buddhists. The warm and friendly hospitality offered by the Nepalese people makes the experience of visiting Nepal an unforgettable one. Jimmy Lama, COE Chapter Leader and COE Nepal Coordinator, is the head of the volunteer program in Nepal. He is an advisor to the Youth Society for Peace, who practices and promotes peace through spirituality. He is a passionate peace worker, helping to improve the overall environment of schools and the quality of education in some of the poorest communities often forgotten by the government. Through his selfless service by building classrooms, toilettes, setting up libraries, supplementing schools with additional teachers and water supply, he has touched and changed the lives of over 1,000 children across 11 different local community-run schools.

This Volunteer Program is designed for passionate, enthusiastic and spiritually motivated young people who would like to help Jimmy Lama enrich the lives of some of the poorest children and communities in Nepal. If you respect new cultures, have a caring spirit, positive attitude and willingness to live in a modest way, you could have the opportunity to embark in a life changing experience that will allow you to grow spiritually, expand your cultural knowledge and world vision.

Volunteer Program activities:

- Teach English or other subjects to primary and/or lower secondary school children



- Create fun activities to share with the children
- Help the villagers with their farming and other livelihood activities
- Help plant flowers, trees and engage in other activities that help maintain the sanitation of the environment
- Help paint the new buildings that Jimmy Lama has built with the local students and villagers, so as to give a strong message of a world coming together for cooperation
- Help raise funds for COE Nepal

Skills needed:

- Good knowledge of English
- Ability to work with children
- Basic teaching skills to teach English and/or other subjects to primary and/or lower secondary children
- Creativity

Volunteer Program Length: From 4 weeks to 28 weeks not to include the Holidays:

- Dassain Holiday 2010: October 08 - November 07
- Summer Holiday 2011: July 17 – August 18
- Dassain (Festival) Holiday: September 18 – October 28
- Monsoon Holiday 2012: July 16 – August 15
- Dassain Holiday 2012: October 16 – November 15
- School Holidays: Third Week in March – April 15

Volunteer Requirements:

- Volunteers can come individually or in groups.
- Volunteers must be 18 years or older
- Have good English knowledge
- Be willing and open to learn from others
- Be spiritually motivated, flexible, caring, positive, and have respect for diverse cultures and belief systems.

Language Requirements: Good English

Program Dates:

1. Mid-April to Mid July.
2. Mid-August to Mid-October.
3. Mid-Nov to Mid-March.

Work arrangements: You do not need a computer to do the work. However, having a laptop could be a great help to plan your lessons.



Time commitment: Classes begin normally at 9:30 AM to 4:00 PM with a lunch break from 12:30 PM to 1:30 PM. You will be asked to work approximately 5 to 5 1/2 hours a day. There may be a lesson gap in between in which you can rest.

Accommodation: You have the great opportunity to experience the Nepali culture and stay with a friendly local host family in Boudha, Katmandu close to where our COE Chapter Leader and Team live. In the villages and on the project sites, accommodation is modest and very basic. The Volunteers stay with families where a member of the family, normally a student, speaks a little English. This helps the student improve his/her English while the volunteer experiences family life style in rural Nepal.

One of the most visited tourist areas is only a 30 minute ride by taxi from Boudha.

Toilets: Modest local style latrines with a hole in the middle flanked by planks.

Water: There might not be running water. To take a bath or clean your face, please ask your host family for a jug or bucket of hot water and use in the place instructed by your family.

Rooms: You will get a separate room although it may be only separated from the main room i.e. kitchen where you eat, sit near the oven for heat and chat with the family on pieces of planks or ply wood.

Meals: Meals are served three times a day, and a cup of tea or coffee will be prepared for you before your breakfast.

- **Breakfast:** Fried potato with beaten rice, chapatti (bread) with jam or egg, fried rice or local wheat flour porridge.
- **Lunch:** Normally a combination of Dhal, Bhat and Tarkari. This typical Nepali meal is all carbohydrates. It might take you a while before getting used to eating such a meal every day.
- **Dinner:** Depending on the day and how tired your host family is, the evening dishes could vary. A typical meal is Dhal, Bhat and Tarkair, but sometimes you might get a local dish.

If you do not like the food, all you have to say is “thank you”, but please do not complain. The host family will understand if you like it or not and slowly they will try to adjust to what you like and what you do not like.

Although we prefer that volunteers stay with local families, if you prefer to stay in a hostel or guest house that is also a possibility. In this case the costs for accommodation will change.



Weather: Nepal has Four Distinctive Seasons:

- 1) Spring - March to May.
- 2) Rainy Season: June to August.
- 3) Autumn: September to November.
- 4) Winter: December to February.

Clothing: Based on Four Seasons

- 1) Spring and Autumn
 - a. Light clothes for moderate weather. No rain, no high temperature and not much cold weather. However, if you plan to go out on a trekking, you may want to pack clothes for colder temperatures.
- 2) Rainy Season
 - a. Rain and temperature is very hot. Sleeveless, cotton t-shirts, light trousers, slippers and shorts are recommended.
- 3) Winter
 - a. Pretty cold temperature, but not as cold as Europe. A few fleece jackets, sweaters, thick socks, a woollen hat, gloves and a down jacket recommended.

Insurance: Please make sure you have a good Travel Insurance. Insurance is a must for foreign travellers because during illness or accident in the unlikeliest event, this is the only document which will help you get back safely to Kathmandu and to get a doctor.

Visa: Visas can be obtained either in your country (please check <http://www.embassiesabroad.com/embassies-of/Nepal>) or upon arrival at the Tribuvan International Airport in Kathmandu.

Requirements: A simple tourist visa and NOT a Volunteer visa because the later does not exist. The prices vary depending upon the length of your stay, but normally \$100 is charged for up to 2 months.

Visa renewal: costs \$ 2 fee per day.

Please visit <http://www.immi.gov.np/visa/provisional-visa-arrangement-fee> for more information on visas.

Transportation: The best way to travel from one destination to another in Nepal is by bus. Domestic flights are available to certain destinations like Pokhara, Chitwan, Lukla and Jomsom, but they are more expensive. A taxi ride from one place to another within the city of Kathmandu costs up to Rs 500 max (\$ 7). However, there are also cheaper ways to get around. Public transportation like buses or micro-buses cost up to Rs 20 max per ride.

Airport transfer: Jimmy who is our chapter leader in Nepal or one of his team members will come to pick you up at the Airport and will transfer you to your place of accommodation or hotel. The Tribuvan International Airport in Kathmandu is only half an hour from Boudha where we recommend that you stay.



Money: Nepal is a fairly inexpensive destination. A meal in Kathmandu in a nice restaurant costs between Rs 400 to Rs 500 (\$ 6 to \$ 7). Detailed information on banking will be provided in future documentation.

Phone calls:

- Local call: Rs3 per call
- International: it depends upon the country. We recommend you to go into a cyber cafe and ask for an internet phone call.

Program Fees: The current COE volunteering program fees are listed below

4 Weeks	\$100 Admin, \$80 Local Accommodation, \$100 School = \$280
8 Weeks	\$125 Admin, \$160 Local Accommodation, \$100 School = \$385
12 Weeks	\$150 Admin, \$240 Local Accommodation, \$150 School = \$540
16 Weeks	\$175 Admin, \$320 Local Accommodation, \$150 School = \$645
20 Weeks	\$ 200 Admin, \$400 Local Accommodation, \$ 200 School = \$800

*All fees are subject to review

Administration: Phone calls, postal service before arrival, airport pick up, transport to the sites where projects are located and short city tour.

Accommodation: Food and lodging costs when staying with a host family. Each volunteer has to pay approximately \$ 15 a week to their host family.

School: Donation to the school is used to pay teachers salaries and improving the facility.

Payments: Payment can be made to COE through our PayPal Account addressed to coevt@aol.com or by mailing a check to 26 Baycrest Drive in South Burlington, VT 05403.

What is included in the Program?

1. Briefing Pack and Project Description Document.
2. Airport transfers.
3. Welcome dinner and orientation.
4. Sightseeing tour guide in Kathmandu.
5. Two way bus fare to the project site.
6. All the food and accommodation at the project site.
7. A contribution to the School to help maintain their annual activities.
8. A certificate of appreciation.

What is not included in the Program?

1. Visa & Insurance
2. International Flight
3. All in-country transportation other than Airport Pick up and Drop.
4. Food and Accommodation in Kathmandu.
5. Porter Charge



6. Entrance fees to any monument or tourist location and any tourism related travel.
7. Medical and/or any emergency costs.

Contact person in Nepal:

Jimmy Lama

P.O. Box 25715

Kathmandu, Nepal

Tel: 977 97510 03462

Email address: jimmylama@children-of-the-earth.org

Best time to contact Jimmy: From GMT Time 12.00 to 16.00 (Nepal time: 05.00 PM to 09.00 PM).