N E P A L
Volunteer Program

USIT
INTRODUCTION

With over 50 project sites in the area of Kathmandu alone, Nepal is the biggest and most popular Volunteer destination available through USIT.

These 50 projects fall into 7 categories listed under the Project Description section.

Volunteers will live and work in the city of Kathmandu while on their placement.

Stay in a typical Nepali Volunteer house complete with Modern amenities and just immerse yourself on a cultural journey in the heart of Nepal.

Work on our various projects- teach English, assist in any other lesson types, implement creative teaching methods or train local teachers in a particular school.

You could also spend time with the children living at one of the Orphanages, help them with their homework or just play games with them!

Or perhaps you want to help improve the education of women on one of the empowerment projects or spend time with the elderly?

You can as involved with as many project types as you want while here to find which type of project suits you best.
ACCOMODATION

The Shared Volunteer Complex is equipped with the following amenities:

• En-suite facilities
• Recreation lounge
• Free Internet
• Dining Room
• Television with satellite connection
• Purified water
• Fridge with small freezer
• Hot water
• Laundry facilities: Clothesline & Washing Machine
• Small Shop
• Mini Library
• Safety Lockers

NOTE: Volunteers may also avail of Host Family stays while working on certain projects – depending on the location.
WOMEN EMPOWERMENT

A variety of educational and confidence building activities are run for the benefit of adolescent girls and women of the local community. These activities are geared towards expanding the horizon of this often neglected section of the community with the purpose of giving them a sense of self-worth and empowerment.

VOLUNTEERS ACTIVITIES:

- Teaching basic conversational and written English.
- Activities to enhance personality and self-confidence.
- Teaching basic computer literacy.
- Organize recreational and awareness activities.

VOLUNTEERS DESIRABLE TRAITS:

- Experience in Social Care
- Teaching experience

CHILD CARE

Volunteers are involved in the daily care of under privileged children.

You will contributing to a child’s cognitive, academic, emotional and social growth, with the hope that it brings about some lasting and sustainable changes in their lives.

VOLUNTEERS ACTIVITIES:

- Assist in mid-day meals for the children of the project
- Assist in Workshops with Songs, rhymes, shape concept- colouring of different shapes.
- Teaching with rhymes & games etc.
- Play Games, including outdoor games with the children
- Maintaining the growth charts of children
- Following the time table put forth by the centre.
- Teaching psychomotor skill development

VOLUNTEERS DESIRABLE TRAITS:

- Active & bubbly personality with lots of energy
- Comfortable dealing with younger children – toddlers & babies.
NEPAL Volunteer Program

Volunteers participate in educational enhancement for students of local communities specifically in the areas of English, Math, Art and Craft. In order to encourage more volunteers to participate in this program, they are provided with detailed workbooks and guidelines for teaching. As a volunteer you will help with the education of the children through creative, interactive teaching methods that make learning enjoyable. Imparting English language skills is extremely beneficial to children’s education and further employment.

Volunteers are not required to be professional teacher or have prior teaching experience. Though it is beneficial.

**VOLUNTEER ACTIVITIES:**
- Teaching English, Math and functional literacy.
- Get involved with playing games with the children and sports activities.
- Activity related teacher’s motivation and learning.
- Community visit for sustainability of girl’s enrollment & tracking of school drop outs.
- To create play and learning atmosphere with the help of teaching learning materials

**VOLUNTEERS DESIRABLE TRAITS:**
- Experience in Childcare/Social Care
- Teaching experience
- Active & bubbly personality with lots of energy

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HOME FOR THE ELDERLY

Volunteers will help out at the Social Welfare Centre Briddhashram. This is the only home for the Elderly operated by Nepal’s government.

At full capacity it can house a total of 230 people.

Volunteers helping on this project will be dedicated to the care of the elderly in the community, many of whom have disabilities and need extra patience and attention.

**VOLUNTEER ACTIVITIES:**
- Assisting the centre staff in daily chores, including cleaning
- Take the blind on walks outside the centre & help them eat at meal times
- Assist the residents to go to the bathroom when required
- Do the residents laundry
- Apply oil & cream to the residents head,
- Shaving beards and cutting nails
- Assist the centre staff with teaching health & hygiene
- Get involved in activities to entertain the occupants of the centre

**VOLUNTEERS DESIRABLE TRAITS:**
- Experience in Care of the Elderly
- Patience & Understanding
RENOVATION (MINOR CONSTRUCTION)

"The School should look like the garden of learning". Volunteers are encouraged to take the initiative to build, renovate and beautify common public facilities like government schools, Day care centers etc. as most of the schools and community centres are dull or are not really suitable as a learning environment for children.

Volunteers on this project will be working to make any of the above named centres attractive with child friendly aspects.

**VOLUNTEER ACTIVITIES:**

- Cleaning and dusting the walls, ceiling, scrapping off the old paint
- Apply base colour (once or twice as per requirement)
- Plan out the required wall drawings as per requirement of the class
- Draw and paint animals, alphabets, colours, fruits, vegetables, body parts, tables, rainbow, shapes etc
- Finalize the project
- Cleaning of the classrooms
- Handover the renovated classrooms to children/community

**VOLUNTEERS DESIRABLE TRAITS:**

- Active & bubbly personality with lots of energy
- Creative personality

HEALTHCARE AWARENESS

Due to a lack of awareness and knowledge within the poorer communities, often families to avail of the medical facilities available to them from the government and many of them are not aware of water borne diseases that can be picked up from dirty water especially.

The aim behind this type of project is prevention is better than cure so volunteers will be assisting with educating the community on safe health practices – most of time with the women of the community as they are head of the family when it comes it hygiene routine.

**VOLUNTEER ACTIVITIES:**

- Completing Health surveys within the community
- Medical Health Check-Up with members of the community
- Assist with educational trips to children’s school raising awareness on hygiene
- Compiling case histories with the residents of the home for the elderly
- Assist with activities such as exhibitions or quizzes to raise awareness on health issues

**VOLUNTEERS DESIRABLE TRAITS:**

- Experience in Heath Care or Health Awareness
- Organized with an attention to detail
- Active & bubbly personality with lots of energy
VOLUNTEER PROJECTS

SPORTS

Our sport projects are mainly concentrated on providing professional coaching services to the deprived section of the society. The volunteers are encouraged to use any professional training or past experience they have on particular sports activities to the children involved in the project.

The main aim of the project is to develop sporting talent in the country with modern means of sports coaching.

VOLUNTEER ACTIVITIES:

- Providing the information about a particular game.
- Developing team spirit.
- Teaching rules & regulations of game.
- Coaching sports and organizing tournaments.
- Propagating the importance of sports and physical training.
- Participant or hold sessions on how to develop a career through sports.

VOLUNTEERS DESIRABLE TRAITS:

- Sports background
- Teaching experience
- Active & bubbly personality with lots of energy

SERVICES

VOLUNTEER PLACEMENT INCLUDED SERVICES:

- Return Airport Transfers
- Accommodation at the Shared Volunteer Complex – with up to 4 Volunteers per room
- Authentic Nepalese food as per the Meal Plan as laid out in the Programme Itinerary
- Dedicated programme coordinator throughout the project on the ground
- Local Transportation from accommodation to project
- Support from local partner organisation throughout placement
- All material & resources required to carry out duties in each volunteer project

Extra Services as part of the Volunteer & Travel Programme:

- Excursion to Pokhara
- Excursion to Chitwan
The Volunteer program in Nepal can be enhanced with the Volunteer + Travel option. The following chart provides details of the services included and the services that come along with both options.

### WEEK 1: ARRIVAL AND ORIENTATION

<table>
<thead>
<tr>
<th>DAY</th>
<th>VOLUNTEER PROGRAM</th>
<th>VOLUNTEER + TRAVEL PROGRAM</th>
<th>MEAL PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Arrival at Kathmandu airport and transfer to Idex Nepal Accommodation, overnight at Nepal camp.</td>
<td></td>
<td>No Meal</td>
</tr>
</tbody>
</table>
| Tuesday | Welcome meeting and orientation. Discussions & presentations on:  
• Nepal & its culture  
• Exciting opportunities with Idex  
• Social development and the role of volunteers  
• How to do volunteer work  
• Project activities  
• Cultural responsibility  
• Personal safety & Code of Conducts |                                                                                           | B, L, D   |
| Wednesday | • Morning Yoga session  
• Visit to Volunteer Project area  
• Visit of the local market  
• “Henna” workshop  
• Workshop on Nepalese clothing | a after that Bollywood movie  
• Visit of local market  
• Dinner with host family | B, L, D |
| Thursday | • Morning Yoga session  
• Visit to allocated projects  
• “Bollywood Dance class” and |                                                                                           | B, L, D   |
| Friday  | Free Weekend/ Optional visit to Pokhara                                           |                                                                                           | B, D      |
| Saturday | Free Weekend/ Optional visit to Pokhara                                           |                                                                                           | B, D      |
| Sunday  | Volunteer Work during morning and afternoon time for total around 05 hours       |                                                                                           | B, L, D   |

### WEEK 2 : VOLUNTEERING + TRAVEL

<table>
<thead>
<tr>
<th>DAY</th>
<th>VOLUNTEER PROGRAM</th>
<th>VOLUNTEER + TRAVEL PROGRAM</th>
<th>MEAL PLAN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday To Thursday</td>
<td>Volunteer Work during morning and afternoon time for total around 05 hours.</td>
<td></td>
<td>B, L, D</td>
</tr>
<tr>
<td>Friday</td>
<td>Free weekend/ optional visit to Chitwan</td>
<td>Visit to Chitwan.</td>
<td>B, D</td>
</tr>
<tr>
<td>Saturday</td>
<td>Free weekend/ optional visit to Chitwan</td>
<td>Visit to Chitwan.</td>
<td>B, D</td>
</tr>
<tr>
<td>Sunday</td>
<td>Morning volunteer work/ Transfer to Kathmandu airport after 20:00 hours.</td>
<td></td>
<td>B, D</td>
</tr>
</tbody>
</table>
Nepal is known the world over as a nation of colour and contrasts – a hidden Shangri-La of nature, culture & adventure.

While on a Volunteer project you will gain a unique insight to the local people’s lives and customs with a chance to jump on day tours of the local sites as well as cultural activities.

But you may want to explore a little further than the city of Kathmandu and USIT can book you on small group tours before or after your volunteer experience – this way you can get to see as much of Nepal as possible. We can also help arrange a place for you on a group trek if you want to give Mount Everest a shot?

If you are feeling adventurous why not hop over to India, Tibet, China, Bangladesh or Burma!

USIT can arrange your flights around your adventure plans and you can choose to go solo or book on a small group tour, make friends and experience new cultures.

Just talk with your USIT coordinator about how you want to spend your next adventure!

One great example of our wide range of tours is this 15 Day Everest Base Camp Trek from €890

With a huge range of inclusions in such a short space of time this trip is definitely the one to achieve an exciting overview for travel in Nepal!

What’s Included:
- English-speaking local guide and assistants for the Everest Base Camp trek.
- Porters included on the trek.
- Trekking to Everest Base Camp.
- Internal flights.
- All transport between destinations and to/from included activities.
- 2 Nights Hotel Stay
- 12 Nights Teahouse Lodge

FLIGHTS & INSURANCE

All participants on a USIT Volunteer Project must purchase their flights & insurance through USIT.

Our Insurance policy is a Work & Travel policy tailored to the volunteer experience.

All flight itineraries will be discussed and agreed between the volunteer and USIT coordinator before finalising the details.

Your USIT coordinator can tailor make certain flight plans to include stopovers or multi stop itineraries should you wish to do some travel to other countries besides Nepal – just let us know where you want to go next!