

全年計畫主題速寫

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*志工伙伴如果有找到心儀的計畫，可以用 Ctrl+F 搜尋計畫代碼，瞭解完整計畫資訊！

感謝 VYA 2020 春季實習伙伴貼心整理：

♥ 張淳茹、黃資閔、王若穎、陳子萱、謝汶穎 ♥



Empowering Marginalised Communities

स्वयंसेवी अभियान नेपाल
Volunteers Initiative Nepal



LONG AND MID TERM VOLUNTEERING PROJECTS

2020 / 21

VOLUNTEERS INITIATIVE NEPAL (VIN)

**Welcome to VIN's Long and Mid Term Volunteering
Projects Catalogue for 2020/21.**

This catalogue gives an overview of the organisation, what we offer, a short description of each program, our fees and how to get involved.

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NAMASTE AND WELCOME

Volunteers Initiative Nepal is a non religious, non political and non governmental organization established in 2005. Our mission is to empower marginalised communities, focussing on women and children, through inclusive and holistic development programs.

This is done through the following development areas that run through each single program we offer:

- Education
- Health and Environment
- Economy
- Basic Infrastructure

Only if we have equal access to education, a healthy lifestyle and environment, grow our economy for the country but also on an individual basis and make our infrastructure better, we can grow as people and as a nation.



We offer the following six programs, which all have our development areas at their heart:

- Women's Empowerment
- Youth Empowerment
- Children's Development
- Public Health and Medical Care
- Environment Conservation
- Disaster Risk Reduction



"Volunteering is the ideal balance between giving and receiving. In turn for your time and effort you experience true culture, establish lifelong friendships and essentially change the way you see the world"

- Bhupendra Ghimire, Founder, Executive Director of VIN

VIN has its head office in Kathmandu and delivers programs in the Kathmandu District, Nuwakot District and Okhaldhunga District.

To understand how our organization works it is important to address our values:

We believe in volunteering: solidarity and gratuity make a better world. To engage in volunteering gives a unique chance to exchange knowledge and skills and to experience.

We are accountable: transparency and openness are principles we stand for. We are independent: we are serving marginalized and disadvantaged people.

We are inclusive: we welcome people from all different backgrounds and are

proud to be a diverse group of people.

We believe in equality: We don't discriminate and see the importance of treating all different type of people as equals.

We believe in participation: regardless of age, caste, class, gender, and ability, people have the potential to promote their own development when oriented and supported properly.

SPECIFIC OBJECTIVES

- **To support women to become independent and self-reliant.**
We want to increase the literacy levels of women, help them become financially self-sufficient by giving access to micro credit options for small businesses. We also want to raise awareness of women's rights, health issues and how to work with their environment.
- **To provide early childhood development facilities which encourage a creative approach to education.**
Through our children's clubs, we offer a platform for informal education to children so that they can express themselves creatively through play, learn about principles such as teamwork and self confidence as well as learn life skills.
- **To provide education for children from disadvantaged backgrounds through sponsorship.**
We have a sponsorship program in which children from poor backgrounds or children with disability get the opportunity to go to school and have a positive start in life.
- **To highlight the importance of language skills, especially English.**
We offer teaching English opportunities in schools, women's groups, monasteries, nunneries as well as youth clubs. We also support a deaf school in their British sign language program.
- **To ensure quality education through teacher training.**
We offer teacher training workshops for schools in which English Native Speakers observe Nepalese teachers, provide constructive feedback and offer a creative way of teaching.
- **To raise awareness of public health and medical care.**
A medical doctor is part of our staff team. This helps us to create health campaigns and raise awareness of good hygiene. We also built toilets and will continue to do so in order to minimise health risks.
- **To offer support through a Community Learning Centre in the rural area of Okhaldhunga.**
We want to be a hub of activities to increase access to informal learning for women and children, build professional development by offering opportunities to get involved and fulfil the local need in a remote area.

WHY VOLUNTEER WITH US?

We are one of the few Nepalese charities that **work directly with our beneficiaries**, namely marginalised communities in the Kathmandu District, Nuwakot District and Okhaldhunga District.

We offer **low cost** volunteering opportunities, provide an opportunity for making new friends and get immersed in the culture of Nepal by selecting host families.

We support volunteers 24/7: From pre departure enquiries, project specific information, a three day induction which include language lessons, health information and cultural tips.

We work all year round. This means that marginalised communities receive the support they need and volunteers help us to deliver our programs.

This means that:

- All our volunteers contribute to the health, wellbeing and education of communities in most need.
- The continuity of our programs is guaranteed due to our dedicated program staff.
- Volunteering fees are key in supporting our programs and projects. Your money will contribute directly to the communities and it allows us to buying the necessary resources.



QUALITIES WE LOOK FOR IN VOLUNTEERS

VIN is a non religious, non political and non governmental organization. As such, we ask volunteers to have the following qualities:

- Open mindedness
- Willingness to learn and adapt
- Flexibility and creativity
- Adapt to basic living conditions
- Having a can-do and positive attitude
- Take initiatives
- Respect for local people, cultures and customs

PROCESS



Application for Placement Booking

Volunteers must apply through one of our partner organisations in their own country. Each of them has a slightly different requirement so please check their website. It is most likely that you need to provide the following documents:

- A resume or Curriculum Vitae, including two referee contact details (ideally, one referee is personal and the other one professional)
- Once the booking fee is paid, we will send an acceptance letter.
- If you wish to volunteer for more than one placement, you will need to pay €70 extra to cover additional logistical work.



Placement confirmation

After you receive the confirmation letter from VIN, you will receive your placement information. This includes information about your host family, fundraising tips, and information sheet about the program and more information about the induction.

We will send the placement information sheet to your sending organisation at least three weeks prior to your placement. The information sheet contains everything you need to prepare your journey and stay in Nepal. So please read it and contact us if you have any questions.



Day of Arrival

We ask volunteers to send us the flight details as soon as possible so that we can arrange the airport pick up.

One of VIN's staff members will wait at the airport for pick up and then bring you to VIN's hostel.



Induction

VIN's inductions start every 1st and 15th day of the month.

The induction period is part of your placement and it will provide essential information about VIN, the project, our culture and customs.

So please arrive one day BEFORE to the induction date.

The induction will last 2 to 3 full days (accommodation and food is provided) and includes the following topics:

- **Introduction to the organization:** A brief history of VIN, its projects and working sites.
- **Sightseeing:** It's important for us that volunteers see sites of cultural importance, such as Boudhanath, Swayambhunath, Patan Durbar Square and other areas.
- **Cultural and health tips:** Nepal has lots of different rules and regulations in our culture and these tips will help volunteers to adapt into Nepali life style.

We also provide information about how to stay safe whilst being in Nepal. This includes health and safety tips, information about foods and travel tips. VIN has its own doctor so if you have any concerns whilst on placement, you can get help right away.

- **Nepali Language Classes:** Each volunteer receives two to three Nepali language classes from one of VIN's staff members. This will help with basic communication.
- **Placement Information:** All volunteers receive a support pack with detailed information about the placement, host family and a daily schedule.
- **Project Orientation:** Volunteers meet their supervisors who will spend time with each volunteer, explain the projects and create a plan and schedule together.

Each volunteer has a project supervisor.

In addition, the volunteer coordinators will help with logistics, including host families. Some of our projects are in remote areas so we also expect volunteers to be creative, patient and keep a high level of independence.

All the formalities such as signing the volunteer agreement and paying the placement fee will be done during your induction and before you're going on your placement.

We need a copy of your passport and visa and ask you to bring 2 passport sized photos with you so that we can issue you a volunteer ID card.

Placements

After your induction, you will be taken to your host family. A VIN staff member will come with you to help you settle in.

Performance Monitoring and Follow Up

Throughout your volunteering experience you will have a program supervisor and a volunteer coordinator who can support you throughout your volunteering experience. We monitor your experience through monthly reports and volunteer feedback sessions, emails, phone calls and other meetings.

Volunteer Feedback Meetings

On the last Friday of each month, VIN organizes a volunteers' meeting at the Kathmandu head office. We strongly encourage volunteers to attend and share their experiences, meet other volunteers and give us feedback.

Nepal also has lots of festivals and we celebrate them together with our volunteers too.

Evaluation and Exit

At the end of your volunteering experience we will ask you to complete an exit feedback form. Once received, we will the organize a face to face meeting with senior management. This gives volunteers another opportunity to provide feedback and share their experiences.

You will also receive a Certificate of Completion from VIN for the duration of your placement.



FEE STRUCTURE

The payment structure below shows the cost of each of the programs, which includes logistical support prior to arrival, airport pick up, accommodation and food for the duration of your volunteering.

Payment is usually made 50% as soon as you receive placement info and remaining 50% on the first day of the induction in cash.

If you wish to pay by PayPal prior to your arrival, there will be a 5.5% extra transaction cost charge.

We accept NRPs, USD, Euros, UK Sterling and Australian Dollars.

Duration	Volunteer	Intern- only available for 4 weeks or more
2 weeks	€385	N/A
3 weeks	€470	N/A
4 weeks	€555	€615
5 weeks	€630	€700
6 weeks	€705	€785
7 weeks	€780	€870
8 weeks	€855	€955
For each extra week after that	€75	€85

Please note that:

The Four Weeks Volunteer & Travel Tour fee is €815.

The Five Weeks Volunteer & Trekking Tour fee is €1.295.

If a volunteer chooses to do more than one placement, then an additional fee of €70 needs to be paid.

VIN is a non-profit organization which doesn't receive government funding and relies on volunteer fees in order to facilitate the programs.

The program fees will contribute to the following areas:

- Resources for the six core programs, namely children's development, Youth Empowerment, Women's Empowerment, Public Health & Medical Care, Environment and Conservation as well as Disaster Risk Reduction.
- Food and accommodation throughout your placement.
- National staff salaries who run the programs, [click here](#) to learn about the staff.
- Office administration, including office rent, internet access, telephone lines, electricity and water.
- Promotional activities (such as leaflets, website maintenance, promotional trips etc.)

Volunteering	Internship
This is for a person who would like to contribute time to support others in need.	For students or professionals who would like to put their academic knowledge into practical skills.
These roles will be more independent and usually require less supervision and guidance.	Internships require more mentoring, guidance and supervision to keep projects on track.
Even though volunteers are still getting logistical support, such as pre-departure information, airport pick-ups, inductions and host family accommodations, overall it requires less support.	In addition more logistical support is provided due to formal paperwork completion, supervision, increased communication between universities or other institutions.

TRANSPORTATION

On arrival day, each volunteer will be picked up at the airport by one of VIN's staff members and then dropped off at the hostel or hotel.

After your induction, we will also drive you to your host family or monastery/nunnery. Once your placement is finished, VIN will also pick volunteers up and bring them to the head office in Kathmandu again (not the airport).

These three journeys are included in your fee.

Any other personal travel is on your own expense.

REGISTRATION

All the registration formalities will be completed in the first three days during the induction period. This will consist of understanding and signing a contract and paying the project fee. Please note that the entire project fee will be collected during the induction days.

You will have to produce a photocopy of your passport and of your visa as well as a passport photo. VIN will issue a volunteer identity card for you.

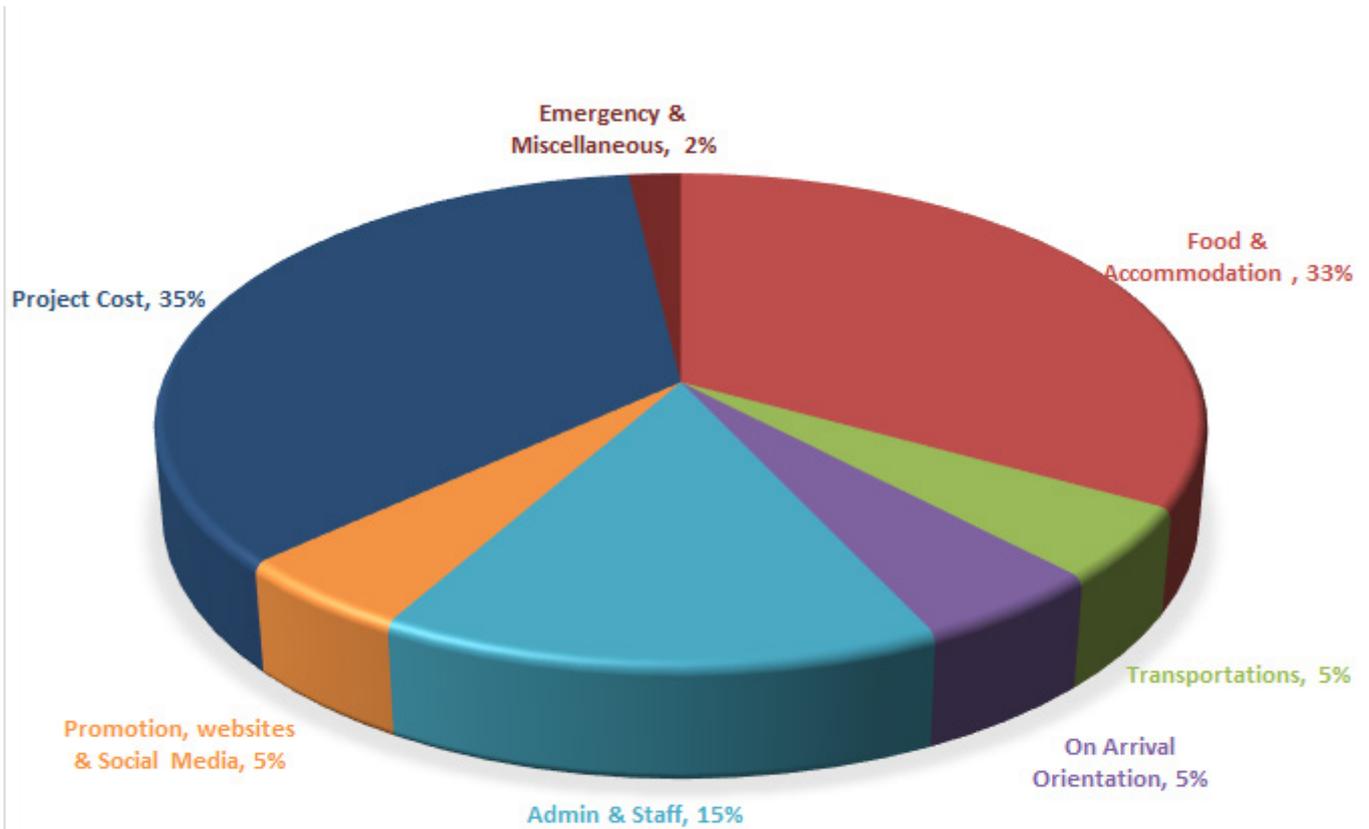
WHERE WILL YOUR MONEY GO?

We are a non-profit organization enabling us to keep our prices as affordable as possible. We receive absolutely no financial support from the government of Nepal or from any other foreign agency. The main source of income available for VIN is the project fee that is collected from the volunteers.

- Food & accommodation for the volunteer (project induction, local transport, host families, meals)
- Staff salary: VIN has 18 paid national staff to run its projects and paid local volunteers.
- All supports such as emergency measures and coordination of the project.
- Office administration: including office rent, telephone, internet, supplies, electricity, water.
- Promotional and development activities: maintaining the website, folders and leaflets.
- A large part of your fee however is reserved to support of VIN's different community projects: women's empowerment, children & youth development and community health.

We prioritize the allocation of money on a needs basis, considering continuity and sustainability. Learn more from www.volunteersinitiativenepal.org

VOLUNTEER PROGRAM FEE ALLOCATION



VIN has large range of projects that covers many areas of interest. In this section you will find details about the type of projects that you can volunteer in or work as an intern. Below is the list of each project available to you.

Our Long and Mid Term Volunteering Opportunities:

WOMEN'S EMPOWERMENT PROJECTS	
VINLMTV01 - A	Women's Life Skills
VINLMTV01 - B	Entrepreneurship Development
VINLMTV01 - C	Microcredit Cooperative Support
VINLMTV01 - D	Women's Trafficking Prevention Education
YOUTH EMPOWERMENT PROJECTS	
VINLMTV02 - A	Youth Club & Life Skills
VINLMTV02 - B	Youth Entrepreneurship
VINLMTV02-C	English and Career Development
CHILDREN'S DEVELOPMENT	
VINLMTV03-A	Early Childhood Development
VINLMTV03-B	Children's Life Skills Facilitation
VINLMTV03-C	Working for Street Children
VINLMTV03-D	Child Protection
VINLMTV03-E	Child Sponsorship Facilitation
PUBLIC HEALTH AND MEDICAL CARE PROJECTS	
VINLMTV04-A	Public Health
VINLMTV04-B	Medical Care
VINLMTV04-C	Health and Wellbeing
VINLMTV04-D	Public Health Research
ENVIRONMENT CONSERVATION PROJECTS	
VINMLTV05-A	Permaculture
VINLMTV05-B	Agroforestry
VINLMTV05-C	Farming
VINLMTV05-D	Water Research
VINLMTV05-E	Climate Change Research
VINLMTV05-F	Waste Management
DISASTER RISK REDUCTION	
VINLMTV06-A	Reconstruction & Sustainability
VINLMTV06-B	DRR Education
VINLMTV06-C	DRR Research

TEACHING	
VINLMTV07-A	Teaching English at Buddhist Monastery
VINLMTV07-B	Teaching English at Community Schools
VINLMTV07-C	English For Deaf
VINLMTV07-D	Computer Science
VINLMTV07-E	Yoga
VINLMTV07-F	Sports
VINLMTV07-G	Arts and Crafts
VINLMTV07-H	Teacher Development
ADVENTURE & VOLUNTEERING PROJECTS	
VINLMTV08 - A	Trekking and Volunteering
VINLMTV08 - B	Travel Tour and Volunteering
COMMUNITY LEARNING CENTRE OKHALDHUNGA	
VINLMTV09 - A	Library Volunteer
VINLMTV09 - B	Children Centre Volunteer
VINLMTV09 - C	Computer Lab Volunteer
VINLMTV09 - D	General Administration Volunteer
VINLMTV09 - E	Fundraising and Grant Writing Volunteer
VINLMTV09 - F	Gardening Volunteers
VINLMTV09 - G	Health and Wellbeing Volunteer
MANAGEMENT & ADMINISTRATIVE PROJECTS	
VINLMTV10 - A	Editor/Writer
VINLMTV10 - B	Volunteer Coordinator
VINLMTV10 - C	Human Resources Advisor
VINLMTV10 - D	Marketing Advisor
VINLMTV10-E	Grant Writer & Fundraiser
VINLMTV10-F	Website & SEO Professional
VINLMTV10-G	Promotion Volunteer
VINLMTV10-H	Hospitality Management
VINLMTV10-I	Project Management
JOURNALISM PROJECTS	
VINLMTV11 - A	Film Journalism
VINLMTV11 - B	Print Journalism
VINLMTV11 - C	Photo Journalism
PUBLIC INTEREST PROJECTS	
VINLMTV12 - A	Animal Care
VINLMTV12 - B	Care for the Elderly

VINLMTV01A – Women’s Life Skills

Women’s Life Skills aims to uplift disadvantaged women in Nepal by addressing issues such as education/literacy, financial well-being, health and women’s rights. VIN adopts an integrated approach to women’s empowerment. We believe that doing everything from teaching women about health to teaching leadership skills and the art of communication empowers them in every respect. Join us and help us forge a better future for the disadvantaged gender of Nepal.



Daily Activities

- Teach, with VIN staff, women’s rights, health, English & basic account keeping.
- Lead activities that teach life skills, e.g. leadership skills, decision making, communication, problem solving & coping with stress.
- Provide other support depending on your skills and needs of the local community.

VINLMTV01B – Entrepreneurship Development

VIN has been instrumental in overseeing the recent growth of women’s entrepreneurship development initiatives. In so doing women have been provided with critical livelihood training to generate income through primarily vegetable farming, livestock, sewing and cutting, incense making, candle making and dry food making. You will be key to overseeing and tracking growth and furthering these initiatives.



Daily Activities

- Oversee and track, and advance women’s entrepreneurship development initiatives.
- If possible provide skills to generate income.
- Help explore markets for women’s products.
- Work with women on the farm.

VINLMTV01C – Microcredit Cooperative Support

Microcredit Cooperative Support projects have been key to the recent surge of women's income generation projects. VIN's support and training has enabled many women to join the Women's Micro-credit Cooperative. Women are now afforded credit. This in turn permits them to start their own income generation activities, such as goat keeping and vegetable farming. Your role is critical to advance the functionality of these cooperatives.



Daily Activities

- Support VIN to set up women's cooperatives to run micro-credits.
- Establish or strengthen social groups of women to create solidarity and reinforce microcredit.
- Facilitate and advance functionality of microcredit cooperatives.
- Develop small grant proposals to fund women's empowerment projects.
- If possible: research for funding agencies and raise funds for local projects.

VINLMTV01D – Women's Trafficking Prevention Education

Each year in Nepal an estimated 10,000-15,000 girls are trafficked across the border to be sold into Indian brothels or forced to become domestic servants, beggars, factory workers or other workers. This project aims to prevent the trafficking of girls from Nepal, within the country or outside. Many young girls, women are vulnerable to trafficking due to lack of education among the people. The volunteer will educate the students, people at the schools and community.



How you can help

- Prepare resources (leaflet, pamphlet, brochures etc.) on trafficking prevention
- Impart awareness on women's trafficking prevention at the schools, community.
- Provide various classes on women's right, life skills as per necessity.
- Conduct awareness campaign projects in the community.

VINLMTV02A – Youth Club & Life Skills

VIN's youth clubs are co-curricular projects set up for youth of 16 years of age and above. This is provided for the youth and aims to foster teamwork, life skills, develop creativity, organization/planning, awareness of community issues such as health, the environment, and human rights. Additionally this project aims to help them apply what they have learnt in the classroom to real life situations. Would you like to inspire and spur on the emerging generation of Nepal? Here's your chance.



Daily Activities

- Hold workshops that deal with leadership training, life skills, and other ways to empower youth.
- Organize creative activities oriented around formal debate on issues such as promoting/protecting human rights and solutions for the community.
- Facilitate the learning of English and job-hunting skills through stimulating

VINLMTV02B – Youth Entrepreneurship

Youth Entrepreneurship Program is one of the major projects of Youth Empowerment project of VIN. The main objective of this program is to train young people of Nepal to become independent, support and run small business of their own by utilizing local resources with calculated risk. According to the need of local community, we have to conduct workshop for business development plan as well as specific income generating trainings like plumbing, electric wiring, beautician, handicraft, organic farming etc.



Daily Activities

- Conduct research to identify scope of entrepreneurship at local community.
- Hold workshops on development of business plan including marketing plans, financial planning, record keeping and business registration.

VINLMTV02C – English and Career Development

VIN's youth empowerment project looks to inspire the young people of Nepal to become more proactive and take charge of their lives. The English language is a must for anyone willing to broaden their horizons and get ahead. Finding cause in youth or women's empowerment issues, and learning pivotal life and career skills are other essential ingredients. You as a volunteer or intern will seek to inspire and provide workable solutions for the youth of Nepal.



Your Possible Role

- Conduct English language classes at the local community.
- Do workshops on career development topics, vocational & technology training.
- Conduct life skills training: decision making, problem solving, time management, coping with stress and communication.



VINLMTV03A – Early Childhood Development

VIN's Early Childhood Development (ECD) Centres are set up in rural communities for children of 3 to 5 years of age. These centers work to surround children who belong to marginalized communities, with a friendly learning environment. You as a volunteer may offer your care and support for these children by having VIN place you in one of these ECDs. Being a volunteer/intern at an ECD is a hands-on experience that is sure



to be rewarding [Due to school holidays these projects will remain closed during the months January & sometimes in April, July & October. Volunteers are encouraged to take part in the winter camps in January. There are also other VIN projects].

Daily Activities

- Play games and rhymes with the children to develop mind, body and soul.
- Provide care and affection for children.
- Create activities that encourage the development of their motor, social and kin-aesthetic skills.
- Create teaching materials through locally available resources.

VINLMTV03B – Children's Life Skills Facilitation

VIN's Children's Life Skills Facilitation Clubs provide a platform for children to develop their life skills and explore their talents. Over the last five years the children's clubs have organised camps and provided children's life-skills and sanitation training and creative classes, such as writing and street drama. The clubs also organise extra-curricular activities and inter school competitions. Together, volunteers and the clubs, can arrange life skill activities.



Your role

- Create workshops that deal with leadership training, life skills and other ways to empower kids.
- Organize creative activities oriented around such tasks as contemporary dance and/or formal debate on issues such as promoting/protecting human rights.

VINLMTV03C – Working for Street Children

Bring a ray of hope and an embracing smile to the deprived street children of Kathmandu. This city alone has an estimated 1 000 street children. School is not an option. They work the streets, seek meals in garbage heaps, sleep in the streets, and fall prey to traffickers and other abuse. As a volunteer/intern you could make a world of difference. The children take great comfort and joy spending time with those who truly care, that which has been lacking all along.



Daily Activities

- Provide make-shift education activities.
- Engage in recreational activities with children.
- Teach basic cleanliness and hygiene.
- Spend time with and provide them with love and care, and direction.

VINLMTV03D - Child Protection

VIN believes that the equal access to education, the protection and promotion of children's rights, holistic/ overall development of children and childhood development. It is important to us that as an organisation, we encourage children to go to school and about their rights and life skills. Together with the Children's Development Officer, volunteers will establish links with local schools to talk about abuse and other children's rights issues.



Your roles

- Create content for training on child protection as well as facilitate and deliver workshops to children about their rights and life skills.
- Develop literature such as leaflets, news and articles.
- Develop and stable the link with local schools and concerned authority to talk about child abuse and other children's issues.

VINLMTV03E - Child Sponsorship Facilitation

VIN believes that the equal access to education, the protection and promotion of children's rights, holistic/ overall development of children and childhood development.

That is why VIN has a Child Sponsorship Program in which people from all around the world can make a donation in order to help a child from a poor family background to access schools and education.

It is important to us that as an organization to encourage children to go to school and we are looking for volunteers who can help us with that.

Activities

- Visit the children who get sponsored, get to know the children, take pictures and write updates about the children and then help us send these updates to the people who have sponsored the child.
- Conduct creative arts expression and life skills classes.
- Conduct research about some children referred from school or local government who really need support for their education.
- Search and contact individuals, organizations and companies who are interested and can sponsor those children and confirm for the sponsorship.
- Conduct tutoring classes for the sponsored children in the cluster basis.

VINLMTV04A – Public Health

Providing access to healthcare and sanitation in order to keep the population thriving, is key. At VIN we want to create awareness in local communities by teaching and educating rural communities as well as facilitating first hand medical care. Nepal faces many challenges when it comes to public health. In the rural communities the government offers very few facilities to support the health of its people. With illiteracy and poverty levels being high, many people do not have the means to change their health, sanitation and hygiene practices and remain unaware of the major health risks and how to minimise them.



Daily Activities

- Planning and designing programmes on Health, Hygiene and Sanitation
- Campaigns at schools
- Research Activities

VINLMTV04B – Medical Care

Providing access to healthcare and sanitation in order to keep the population thriving, is key. At VIN we want to create awareness in local communities by teaching and educating rural communities as well as facilitating first hand medical care. Nepal faces many challenges when it comes to public health. In the rural communities the government offers very few facilities to support the health of its people. With illiteracy and poverty levels being high, many people do not have the means to change their health, sanitation and hygiene practices and remain unaware of the major health risks and how to minimise them.



Daily Activities

The Medical Care Volunteer will spend one day in the Kavresthali Health Clinic taking blood pressure and monitor other vital functions. The other four days, the volunteer will be involved in the below activities based in the rural community depending on your experiences and background:

- Planning and designing programmes on Health, Hygiene and Sanitation
- Campaigns at schools

VINLMTV04C – Health and Wellbeing

As one of the world's poorest countries, Nepal faces many challenges to public health. In the rural communities, the government offers few facilities to support the health of its people. Illiterate, many people do not have the means to change their health, sanitation and hygiene practices and remain unaware of the major health risks and how to minimize them. Nepal also lacks efficient mental health services with limited diagnostic, treatment and availability of human resources to address mental health issues. This project will help promote healthy lifestyle in terms of physical and mental being.

Daily Activities

- Facilitate workshops on healthy living, such as foods, diet and nutrition.
- Reach out to different groups of children and women to facilitate dance sessions or meditation classes.

VINLMTV04D - Public Health Research

Providing access to healthcare and sanitation in order to keep the population thriving, is key.

At VIN we want to create awareness in local communities by teaching and educating rural communities as well as facilitating first hand medical care.

Nepal faces many challenges when it comes to public health and that is why VIN organizes FREE mobile health clinics to provide health check up facilities to the community members in their own wards. These clinics target primary level school children, serious illness, chronic illness and elderly patients.

Your Role

- Prepare research proposals and tools, get involved in research activities such as hygiene status of schools, infectious diseases prevention practices etc.
- Prepare and develop report of the findings with recommendations.



VINLMTV05A – Permaculture

Agriculture provides subsistence and employment for 80% of the population of Nepal, accounting for approximately 39 % to the total GDP. The development of the sector is crucial for the empowerment of those who rely upon it and for the national economy. Since Nepal is in Himalayan region, it has been badly affected by the Climate Change! The sources of water are drying; new types of moths / insects are in existence; the crop cultivation time changed, unexpected change in climate, unpredictable rainfall, draughts etc. are the result of global warming Nepalese farmers facing.

Permaculture uses small and slow solutions because they are easier to manage than bigger solutions and they allow for the use of local resources leading to more sustainable outcomes. While this may not always be feasible- sometimes we need big and fast solutions to solve some of society's greatest problems- this principle can potentially be a valuable tool for problem solving.

Daily Activities

- As a volunteer, you will be working with the farmers who are trained by VIN in permaculture.
- The work usually is hands on like designing the farm based on the permaculture principles – cultivating crops, weeding, irrigating etc.
- Train more farmers on permaculture practices and help them practically to implement.
- Support farmers in making organic fertilizers like compost



VINLMTV05B – Agroforestry

Participate in a project which aims to reduce Nepal's dependence on the more demanding and less profitable traditional terrace farming in exchange for agroforestry farming. This is a form of land cultivation where crops are grown among trees. It provides a greater biodiversity and greater harvests. This is your chance to help ease traditional subsistence farmers onto new methods which greatly improves the quality of their lives. You will be placed in the project living quarters.



Daily Activities

- Work under skilled Nepali farmers' instructions, cultivating land and engaging in agroforestry.
- Help maintain the living quarters and surroundings.
- Carry out research activities.

VINLMTV05C – Farming

Living and working on a traditional farm in Nepal will no doubt be a getaway for those of you that feel a therapeutic need of getting closer to nature; feel the fresh earth in your hands and under your bare feet. Work the land the way our forefathers had, all on a traditional Nepalese farm. Tend and care for the animals on the farm. The rewarding work, the rural and exotic beauty of Nepal coupled with a warm and welcoming tradition-bound community will make this project worth your while. You will be placed with a Nepalese family.



Daily Activities

- Work closely with Nepali farmers and teach/learn farming methods.
- Feed and care for the animals that belong to the farm. Garden and farm.
- Participate in the maintenance of the farm.
- Conduct awareness classes against the use of chemicals.

VINLMTV05D – Water Research

VIN's environment water sources research project is one that centers on the allocation of water within Nepal. VIN aims to designate interns/volunteers the job of investigating and analyzing the system. This is a particular opportunity suited for those who thrive in and learn from investigative research. According to past participants, this project is one of the best ways to uncover the truth about Nepal's dysfunctional water situation.



Daily Activities

- Set up meetings with local representatives and address water issues.
- Raise awareness among local community regarding water issues.
- Carry out research on water resources, usage (drinking, irrigation, domestic, industrial, hydro), conflicts, water and sanitation etc.
- Write report with accompanying recommendations to alleviate water problems.

VINLMTV05E – Climate Change Research

“The dramatic changes in our climate pose significant threats to the environment, economy and society and is thus one of the most urgent issues for research towards solutions” (Earthwatch Institute). This is your opportunity to make an impact on pressing environmental issues facing today's Nepal while working and exploring its natural beauty and endangered ecosystems, all against the backdrop of the towering Himalayas.



Daily Activities

- Assess impact of climate change on the environment.
- Carry out research using various tools visiting different parts of Nepal.
- Raise awareness on the impact of climate change and on mitigating factors.
- **Write a report with climate strategies for local jurisdictions.**

VINLMTV05F – Waste Management

Waste management is becoming a major concern for both public health and the environment in Nepal. VIN's Waste Management project aims for a clean and green community. Upgrading bins and making people aware of the advantages of a clean environment is the main objective. This is a highly effective and sustainable way to keep the community clean and maintain the natural beauty of Nepal. Come help us keep Nepal clean and beautiful!



Daily Activities

- Raise awareness of the advantages of a clean environment.
- Help establish best practices for waste management policies and practices.
- Launch “No litter” campaigns to manage waste in the local communities.



VINLMTV06A – Reconstruction & Sustainability

VIN initiated its disaster relief project to help the victim right after the massive earthquake on 25th April, 2015. We have completed two phases of disaster relief project 1) Rapid response phase and 2) Rehabilitation Phase.

“Reconstruction and Sustainability”

This is our long term phase. We will be working until the reconstruction completes in our earthquake affected communities.

Our projects include WASH (Water Sanitation & Hygiene), Rebuilding Earthquake Resistant Infrastructure (RERI), Earthquake Resistant Home Construction Education (REECH), and Entrepreneurship Building. We will be working under different phases simultaneously.



Your Role

- Help local people construct temporary houses and toilets.
- Reconstruction and renovation of the old buildings, houses, schools, classrooms and public properties.
- Reconstruct and renovate temples and cultural heritage sites.
- Renovate, reconstruct and improve the irrigation channel, drinking water supply, roads, schools, houses or any public or private properties.

VINLMTV06B – DRR Education

This project involves raising awareness on what to do in the event of a natural disaster and give practical advice and education to marginalized communities. For sustainability of knowledge, the volunteer will train and create a task force of locals. The community people will be trained to be self-resilient and develop key messages and guidelines. This includes sharing information on how to pack an emergency bag.

Your Role

- Conduct Education and Rescue Awareness workshops
- Creation of a network within villages.



VINLMTV06C – DRR Research

Nepal is prone and exposed to various types of natural disasters due to her rugged and fragile geophysical structure, very high peaks, and high angle of slopes, complex geology, variable climatic conditions and active tectonic processes. Unplanned settlement, increasing population, weak economic condition and low literacy rate, the lack of coordination among agencies related to disaster management, resource constraint, the lack of technical manpower, the lack of public awareness, very remote, rural and difficult geo-physical situation of the country, absence of modern technology are major obstacles to cope with these natural disasters in Nepal. This project involves establishing the disaster risks in the marginalized communities.



Your Role

- Conduct a baseline survey and research about the risks, hazards and likelihood of disasters.
- Liaison with local authorities and committees to present the work and help them to put together a plan and education sessions.



VINLMTV07A – Teaching English at Buddhist Monastery

VIN's Teaching English at Buddhist monastery/nunnery project aims to give volunteers/interns a true taste of life at the monastery. It aims for an exchange between the religious members of a certain community and foreigners from a drastically different community that have just one thing in common: the eagerness to learn. You may learn about Buddhist culture, while the monks and nuns may learn the English language, an extremely important asset for them.



Possible Daily activities

- Creating lesson plans for your daily teaching.
- Teach regular English classes.
- Interacting with the children of the Buddhist monastery.
- Help the other teachers advance their English. Teach basic sanitation/hygiene.

VINLMTV07B – Teaching English at Community Schools

VIN's teaching in Nepali-Community Schools project targets international volunteers or interns who are looking to take part in a hands-on Nepali classroom experience. With your help, VIN hopes to deliver the children and their local communities a crucial life skill: speaking English. This life skill, if acquired will take the Nepali people much further [Due to school holidays these projects will remain closed during the months January & sometimes in April, July & October. You are encouraged to take part in the winter camps in January. There are also other VIN projects].



Possible Daily activities

- Creating lesson plans for your daily teaching.
- Teach regular English classes and other subjects.
- Interacting with the children of the local community.
- Helping the other teachers advance their English.
- Create local teaching resources with local teachers.

VINLMTV07C – English for Deaf People

VIN's Working with Deaf People project aims to give the deaf people of Nepal a better shot at a quality education. For too long now Nepal's educational system has neglected the special needs of these people who end up dropping out of school due to the lack of attention to them. It is an incredibly fulfilling experience to help those that need it most [Due to school holidays these projects will remain closed during the months January & sometimes in April, July & October. You are encouraged to take part in the winter camps in January. There are also other VIN projects].



Possible Daily activities

- Teach English. If you do not have a background in sign language there will be many other ways in which you may help the school.
- Set up workshops, field trips, health/sanitation sessions and various other things.

VINLMTV07D – Teaching Computer Science

Has the idea of giving back crossed your mind? Have you talent/know-how to donate? VIN put together the computer technology project in recognition of information technology as a fast-moving, efficient means of communication. As things stand, there is a severe shortage of IT-know-how in Nepal. The country will need to do much to improve, let alone catchup, with the outside world and join the IT-age. Help Nepal get ahead! Your participation is key to providing them these tools.

Possible Daily activities

- Teach basic IT in public/community schools as well as their teachers, community youth and women.
- Or/And help out in the main VIN office to maintain/improve VIN's website.
- Teach computer and internet skills to local teachers.

VINLMTV07E – Teaching Yoga

Nepal is a beautiful country of contrasts and natural riches, struggling to find its modern identity and development in the midst of political struggles. You would be bringing Yoga to Nepal and give people a chance to live a better life that comes from within, independently of the challenges and changes taking place outside of people's own power. You would be teaching in the local community.



Your Role

- Creating plans for your daily teaching.
- Teach regular yoga classes.
- Interacting with the people of the local community.

VINLMTV07F – Teaching/Coaching Sports

There is truth in that sports bring people together. Seize the opportunity and share your love for sports, or a sport of your liking, with the people of Nepal. Football/ Soccer and cricket are big in Nepal while other sports are only now beginning to take root. As a volunteer or intern sports coach/teacher you would bring joy and know-how to a Nepal full of warmth and enthusiasm but few means and little know-how.



Your Role

- Teach/Coach sport(s) to children and teachers in a school.
- Or/And teach/coach sport(s) within the community.
- Popular sports in Nepal are—volleyball, football, cricket, basketball and you can add any more indoor and outdoor games.

VINLMTV07G – Teaching Arts and Crafts

Art is a powerful and creative means of expression. It can bring about positive life-enhancing change to you and the Nepalese people, both ways. As a volunteer or intern you will be given the unique opportunity to teach arts and crafts, of your choosing, and also learn the trade through the artistic lens of the Nepalese people. Arts and crafts would also include dance. Here's your chance to make a creative difference in Nepal through art.



Your Possible Role

- Teach arts and crafts (drawing, painting, creating gift cards, music, dance) at your placement school.
- Or/And learn/teach arts and crafts with local crafts people or local community.

VINLMTV07H - Teacher Development

Teaching -learning activities are conducted in an old fashioned way. This does not prepare quality human resource needed for the country. Teachers in rural areas lack training and use chalk and talk as teaching method, asking their students to copy from a board. The teachers hardly prepare their lessons. We want to change teaching from teacher centered to children centered. Only motivated and passionate teachers can bring desired change into their classroom practices. You as a qualified, trained and experienced volunteer can become an instrumental support for those teachers.



Your role

- Conduct baseline of teachers' need by observing classes, conducting focus group discussions, interaction with teachers, head teachers and other educational stakeholders.
- Prepare training sessions and deliver trainings for the teachers of our catchments.
- Conduct post observation classes, provide feedback and mentoring.
- Prepare follow up training / coaching modules for organization to use in the future.

VINLMTV08A – Trekking and Volunteering

This project combines Nepali culture, trekking and adventure, volunteer work all together in a matter of weeks. We aim to deliver the experience of a lifetime. After orientation, you will be placed in a family in a Nepali village, where you will be able to visit schools or orphanages to teach English. After this you will be led on a trek - either Everest Base Camp or Annapurna Base Camp. Lastly, you will be given the chance to explore the city of Kathmandu. Capture the essence of Nepal all in one go!

Your Schedule/Itinerary

- Volunteer by teaching English or other activity to local community.
- Trek to Everest or Annapurna Base Camp.
- Explore city of Kathmandu.
- Share your skills and experience with the local communities on development issues.



VINLMTV08B – Travel Tour and Volunteering

Participating in our Volunteer and Travel Tour project will allow you to enjoy activities such as jungle safari, hiking, sightseeing and volunteering all in one. This project is a perfect combination for those of you who have only a short time of 3 to 4 weeks and want to both volunteer and travel. You can choose one of many volunteer projects such as early child care, health care education, along with women's and youth empowerment projects. Live it up in Nepal! (4 weeks volunteering & weekend 3 nights 5 days travel).

Your Schedule/Itinerary

- Volunteer in an activity of your choice to aid the local community.
- Sightseeing in Kathmandu valley.
- Go on Jungle Safari and hike to hills and view amazing mountains.

COMMUNITY LEARNING CENTRE OKHALDHUNGA

VINLMTV09A - Library Volunteer

A library provides resources and services to meet the needs of individuals for educational and personal development purposes. It provides a healthy environment for learning to people from varied backgrounds.

The NarāTika CLC library serves as main source of information for the community in Okhaldunga. The library is equipped with diverse range of subject specific books and reading materials - friendly and informative to students, teachers, children, youth and other various age group of people.



Activities

- Cataloguing books and other printed materials, keep the library clean and tidy, help visitors to find books and other resources available, check out any books and keep records updated.
- Visit community and schools to conduct mobile library activities and provide information about the library and facilities available so that the people will be motivated to use the library.
- Invite children/ community people and provide available resources
- Conduct different library related activities- like, reading stories, conducting **quizzes**,

VINLMTV09-B Children's Activity Facilitator

The Children's Center at CLC attempts to make learning fun for children. It will cater to children 5 to 8. In the center, we have basic children's books, games, coloring books, crayons available which will help kids with learning and exploring their innate intelligence and creativity. It has also audio visual materials like television, speakers available for the children. You may also collect and bring some resources with you. As a volunteer, you will be able to organize a variety of events activities for children.



Your roles

- Your role includes helping to set up and tidy up rooms, get involved and lead on activities such as storytelling followed by hands on activities like drawing, arts and crafts, games.
- Interact with children and their parents on their learning needs.
- Visit community schools and conduct mobile library activities to provide information about the library and the facilities available in the children center.
- Conduct activities for supporting intellectually disable children.
- Raise funds and resources needed for the center.

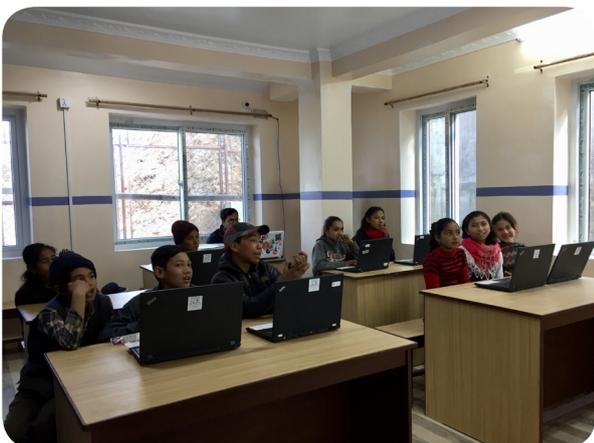
VINLMTV09C - Computer Lab Volunteer

Computer knowledge and skills has become an essential part of our life in the present context. In today's world, having IT and computer skills are being considered as life skills. In remote communities of Nepal, people even have not got chance to see computers. Having computer skills is a far dream for the people there. NTCLC which is located in remote area, now is equipped with computers with internet available.

As a computer lab instructor volunteer you will use the Community Learning Centre laptops to facilitate computer classes to the public, especially women, youths and children. Ideally volunteers should have a passion for computers, teaching and good interpersonal skills.

Your role

Design and teach basic of computer science, how to use computer and Microsoft Office. Develop a long term need based course packages for those children and youth. Visit schools and community to raise awareness on the use of computer skills. Conduct need assessment on the use of computer skills for local people on their work promotion.



VINLMTV09D - General Administration Volunteer

This is a management level role. You will need a broad vision of planning budgeting, promotion and use of the multipurpose center. If you are passionate about customer service, interested in working with a variety of different people and help with the smooth running of the Community Learning Centre www.ntclc.org, then this is the best opportunity for you.

You will be the first point of contact for visitors who need directions for activities within the building. If you're good at multitasking, being organized and work towards deadlines, this is the right role

Your role

- Help with the booking system of halls, rooms, dormitory and other facilities.
- Conduct the role on writing emails, answering phone calls and dealing with visitors in person.
- Develop the system and implement the rules on the right track.
- Write and develop the contents on using CLC on website and post updates regularly.
- Prepare and train the staffs, briefing and debriefing them.
- Researching and reporting.

VINLMTV09E - Fundraising and Grant Writing Volunteer

The NaraTika Community Learning Centre (www.ntclc.org) is a multifunctional building designed to be used as a learning, research and innovation for the marginalized communities residing in OKhaldhunga, the Everest region. This center is targeted to support and up lift the life standard of the people of that area. We are looking for a experienced, motivated volunteer who can support economic resources needed for running the center.



Your Roles

- Plan long and short term fundraising ideas.
- Raise necessary funds through grants and other fundraising streams such as crowdfunding, just giving, global giving and any other ideas and events.
- Work with project staff to develop a sustainable income stream through grant proposal.
- Train local staff for writing grants and fundraising ideas and activities.

VINLMTV09F - Gardening Volunteer

The NaraTika Community Learning Centre (www.ntclc.org) is a multifunctional building designed to be used as a learning, research and innovation for the marginalized communities residing in OKhaldhunga, the Everest region. This center is targeted to support and up lift the life standard of the people of that area. It provides a range of services over three floors but it also has an outdoor space for children and visitors alike. We need volunteers who can help us maintain the plants and the garden which includes planting shrubs, trees and flowers but also a vegetable garden. Your responsibility of a Gardener is to maintain the beauty of plants, outdoor grounds, and trees in a garden. You will perform a range of general maintenance tasks including designing, producing, renewing and preserving outside spaces.

Your Roles

- Maintain and grow the garden to ensure it meets specific requirements and expectations.
- Perform basic maintenance such as cutting the grass, emptying bins, managing weed control and leaf raking.
- Plant and nurture new trees, flowers, and various plants.
- Maintain a clean garden by clearing rubbish and litter from the garden and grounds.
- Provide guidance to management on matters related to the garden.
- Ensure a safe environment for staff and visitors by adhering to safety and health regulations.

VINLMTV09G - Health and Wellbeing Volunteer

The area we are working have a lot of problem of alcohol abuse. People feel isolated and having no means of entertainment. Due to alcoholism and isolation many people seem depressed and even committing suicide. So at VIN, we plan to overcome this issue by conducting health and wellbeing classes, At the www.ntclc.org we are looking for active volunteer who can teach different mindfulness techniques! Any ideas and activities may help.



Your roles

- You may wish to get in touch with your spiritual side and deliver group sessions on mindfulness and meditation for the community people of the Everest region.
- Cooking activities at social events, lunch clubs, or even leading a cookery session for participants.
- Facilitating singing, dance or music-based groups.
- If you have a fascination on performing arts, you could deliver drama workshops;
- Comedy shows are always great means of entertainment which also communicate a great message in a fun way.
- Leading activities and games, sports sessions, such as chess, mini golf, bingo, dominos, kabaddi, dandi-biyo
- Providing complimentary therapies, such as Pilates, yoga, massage, reiki or group exercise
- Leading sessions on photography
- Facilitating a walking group, Walk and Talk, counselling, mentoring etc.

VINLMTV10A – Editor/Writer

VIN's Editor/Writer project is fit for volunteers or interns who would like to be a part of the empowerment cause in Nepal but would rather use their organizational and language proficiency skills within the VIN office headquarters than be out in the rural areas of Nepal. This opportunity can be seen as good work experience with altruistic intentions for the less fortunate of Nepal. You will be an integral part of the workings of the office.



Your Role

- Write research based articles on VIN community projects.
- Correct/Rewrite website content for VIN.
- Compose VIN newsletters that include updates on VIN project accomplishments and activities.
- Track volunteer/intern placements on spreadsheets, handle outgoing emails & more.

VINLMTV10B – Volunteer Coordinator

VIN's Volunteer Coordinator position is open for any international volunteer or intern who would like to be a part of the management side of VIN. This will give you the opportunity to see different communities and places in Nepal. No doubt a fascinating experience! This is ideal for those that love to travel, meet people and provide direction to our volunteers/interns and projects.

Your Role

- Receive international volunteers/interns; see to it that they are appropriately placed in one of VIN's empowerment projects.
- Interview volunteers/interns and prepare them for their respective projects.
- Oversee volunteer's/intern's placement in the rural areas and monasteries.
- Support local and international volunteers with their roles.

VINLMTV10C – Human Resources Advisor

People remain the most valuable asset of an organization. The key is also fostering a living tangible vision. In keeping with these principles you, as a Human Resources Advisor for VIN, will have the opportunity to introduce the latest know-how in the branch and make a significant difference by coaching and bringing out the best in the staff and volunteers/ interns, developing an all-encompassing HR strategy and laying the foundations for years to come.

Your Role

- Develop our HR strategy.
- Train VIN staff and volunteers on their specific roles through various trainings.
- Assist in coaching & managing volunteers/interns and VIN staff.
- Develop an internal communication plan and job descriptions (if deemed necessary).



VINLMTV10D – Marketing Advisor

Jump-start your career by joining VIN as a volunteer or intern in the Marketing Project. Work to generate new ideas, disseminate and promote the charitable contributions of VIN to targeted audiences by providing maximum exposure. This position offers you valuable hands-on experience in a branch where you can make a pivotal difference. Do you have an interest and skills in marketing? Then this can be a great opportunity for you to get involved.

Your Role

- Review existing Marketing Plans & Conduct Marketing Research.
- Generate new ideas and create a Marketing Strategy & Campaign Planning.
- Participate in the launch/implementation of the Strategy & Campaign.
- Promote VIN using various social and other media.

VINLMTV10E – Grant Writer and Fundraiser

VIN's fundraising and grants writing project focuses primarily on securing much-needed resources for the continual support of its different projects in aid of marginalized communities in Nepal. This project is an excellent way for you to combine your writing skills with another side of you that seeks to do something good or charitable for the greater community.

Your Role

- Write comprehensive grant proposals that will be sent to numerous organizations.
- Conduct research on possible donors.
- Fundraise!

VINLMTV10F – Website & SEO Professional

VIN is looking for a Website and Search Engine Optimization professional to volunteer or work as an in-tern to help to redesign and optimize its webpage. This is a great opportunity for you to use your expertise and gain experience in the field and support marginalized communities in Nepal. You'll also find opportunity to immerse yourself into the captivating beauty and alluring culture of Nepal. You do not need to be present in Nepal for this project.

Your Role

- Develop and maintain VIN's websites and related on-line applications.
- Optimisation of website. Ensure web site runs smoothly & features function properly & undertake troubleshooting of web site.
- **Train local people in creating user-friendly websites.**



VINLMTV10G – Promotional Volunteer

The western nations has a long and well established history of volunteerism. The concept of volunteerism evolved in Europe in an institutionalized form after the series of war, devastating world wars. The people united together and helped each other to rise after the devastation of war. The volunteerism is deep rooted in our religion and culture in the oriental country like Nepal but yet to be institutionalized like in the west. Paati-pauwa, Dharmashala were the ancient practices of volunteerism in Nepal.

In the western country Volunteerism is an essential part of life and is crucial in individual's career. We seek volunteer who is motivated to promote volunteerism in Nepal. The volunteer will visit various communities, universities, schools, colleges and orient students, teachers on the importance of volunteerism to help people in need.

Your Role

- Find universities colleges of social work, social science.
- Create presentations and information materials with the best practices of volunteerism in human civilization.
- Give presentations to community people, students, teachers on the importance and need of volunteerism.
- To promote Long-midterm project, work camp projects among the universities, colleges.

VINLMTV10H – Hospitality Management

Nepal has established itself as an exotically attractive destination, drawing both mainstream tourists and adventure seekers. To this end tourism remains one of the mainstays of the Nepali economy. The Nepali Hospitality Management project offers you the opportunity to gain hands-on experience in the industry along with valuable career experience all set within the splendor of an enticingly beautiful country and an alluring culture. Get ahead and join us!

Your Role

- Work and learn the trade within a Front or/and Back Office of an established hotel in Nepal.
- Work and learn the trade within the Food & Beverage division of an established hotel or restaurant in Nepal.

VINLMTV10I - Project Management

VIN currently has 20+ staff members over two offices, one in Kathmandu and another one in Okhaldhunga. Our projects also vary depending on the local needs. We are looking for an experienced Project Manager Volunteer who can help our program manager with our monitoring and evaluation systems, facilitate workshops to develop staff in project management cycles and providing expertise in organising projects strategically and logically. This includes supporting staff in the development of needs assessments in the local community, helping to implement projects and creating documents and guidelines.

Your Roles

- Activity and resource planning
- Organizing and motivating a project team
- Controlling time management
- Cost estimating and developing the budget
- Ensuring satisfaction of volunteers and community beneficiaries
- Analyzing and managing project risk
- Monitoring progress
- Managing reports and necessary documentation

VINLMTV11A – Film and Documentary Making

Write, shoot, direct and edit your own film or documentary in alluringly beautiful Nepal as a volunteer or an intern. Learn by doing coupled with valuable feedback from industry experts. You will either choose to work to shoot a film/documentary about the work of VIN or work together with one of the film/documentary studios in Nepal with which VIN has a cooperation.



Your Activities

- Engage in the pre-production, production & post-production of your own film.
- Learn and receive support and feedback from a Nepali production team (when producing your own film).
- Get back-up from a facilitator/interpreter when filming for VIN.

VINLMTV11B – Print Journalism

If you are planning a gap year or career break and contemplating a job in journalism or print media, Journalism Abroad Nepal with VIN can set you on the right track. This is a great way to enhance your resume and help you to stand out from the crowd. Whether you are currently studying journalism or are considering it in college, Journalism Abroad with VIN will give you first hand international journalism experience.



Your Possible Role

- Gain working knowledge of how a national media functions.
- Write articles for national publications that have a partnership with VIN [Spotlight magazine].
- Work in other forms of media of your choosing.

VINLMTV11C – Photo Journalism

VIN is looking for a volunteer or intern photographer to shed light on some of the more pressing issues afflicting the more marginalized communities in Nepal. This is your opportunity to observe a cross-section of life in Nepal and tell their story and help raise awareness and alleviate the plight of the more disadvantaged people of Nepal. You will be joining us to document our efforts to make Nepal a better place.



Your Role

- Conduct research and familiarize yourself with Nepali issues.
- Visit various places of pressing interest/concern.
- Capture photo story issues/concerns with camera.
- Through exposure contribute to improving awareness of issues in Nepal.

VINLMTV12A – Animal Care

In the Animal Care project people care for animals and animals care for people. The project aims to promote and protect some of the most vulnerable animals in Nepal, especially dogs. The project is much more than a shelter for animals in that it practices and promotes caring and friendly behavior towards animals. We are looking for those whose hearts are warm and loving, and beat for the welfare of the neglected animals of Nepal.



Daily Activities

- Work at animal care centers.
- Spend quality one-on-one time with the animals.
- Provide exercise for the dogs by taking them for a walk
- Care and bathe/groom animals and keep shelter clean.
- Help promote friendly behavior towards animals.

VINLMTV12B – Care for the Elderly

Our Elderly Care Project affords you the opportunity to help fulfill the social and personal requirements of senior Nepali citizens. With care and compassion you can assist them in living old age with the dignity they deserve. This project aims to provide assistance to senior citizens and safeguard their rights in their daily activities, but additionally (and just as importantly) in socializing; lending a friendly ear open to chitchat, life experiences, and reminiscing!



Daily Activities

- Spend time with and get to know the elderly.
- Ensure measures are in place to maintain their health and cleanliness.
- Ensure measures are put into place to preserve & promote an active life for the elderly.
- Assist elderly support organization teams. Conduct research on existing practices to support elderly people.

THANK YOU

**VIN Work camp List 2020/21**

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa / Kavresthali	5-17 Jan 2020	KIDS, EDU, SPOR & CULT	16	8	8	18+
<u>VINWC20-02</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa / Kavresthali	11-22 Jan 2020	KIDS, EDU, SPOR & CULT	16	8	8	18+
<u>VINWC20-03</u>	Library Camp	Tarakeshwor / Okharpauwa Kathmandu	4-15 Feb 2020	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC20-04</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa Kathmandu	17-28 Feb 2020	MANU	16	8	8	18+
<u>VINWC20-05</u>	Environment & Culture	Tarakeshwor / Okharpauwa / Kathmandu	5-16 March 2020	ENV, CULT, EDU	16	8	8	18+
<u>VINWC20-06</u>	Sports for Children	Tarakeshwor / Kathmandu / Okharpauwa	19-30 April 2020	EDU, CULT	12	6	6	18+
<u>VINWC20-07</u>	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	10-21 May 2020	KIDS, EDU	12	6	6	18+
<u>VINWC20-08</u>	Art & crafts with Children	Tarakeshwor / Okharpauwa / Kathmandu	07-18 June 2020	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC20-09</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	18-29 June 2020	MANU	16	8	8	18+
<u>VINWC20-10</u>	Children's Summer Camp	Tarakeshwor / Kathmandu / Okharpauwa	08-19 July 2020	KIDS, EDU, SPOR	12	6	6	18+
<u>VINWC20-11</u>	Children's Summer Camp	Okhaldhunga	08-20 July 2020	EDU, SPOR, CULT	12	6	6	18+
<u>VINWC20-12</u>	Arts & crafts with children	Tarakeshwor / Kathmandu / Okharpauwa	19-30 July 2020	ARTS, KIDS, EDU	12	6	6	18+



<u>VINWC20-13</u>	Library Camp	Okhaldhunga	19–31 July 2020	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC20-14</u>	Health, hygiene & sanitation education	Okhaldhunga	13–24 July 2020	HEL, EDU	14	7	7	18+
<u>VINWC20-15</u>	Sports for children	Okhaldhunga	29 July–10 Aug 2020	KIDS, EDU, SPOR	12	6	6	18+
<u>VINWC20-16</u>	House Rebuilding Support (Gai Jatra)	Tarakeshwor / Okharpauwa / Kathmandu	05–15 Aug 2020	MANU	18	9	9	18+
<u>VINWC20-17</u>	School Development & Education	Okhaldhunga	9–21 Aug 2020	KIDS, CULT	18	9	9	18+
<u>VINWC20-18</u>	Working with Deaf children	Sindhuli	11–22 Aug 2020	KIDS, EDU, MANU	12	6	6	18+
<u>VINWC20-19</u>	Library & Festiv Camp (Teej & Panchami)	Tarakeshwor / Kathmandu / Okharpauwa	18–28 Aug 2020	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC20-20</u>	Art & crafts with Children	Tarakeshwor / Kathmandu / Okharpauwa	06– 7 Sept 2020	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC20-21</u>	House Rebuilding Support	Tarakeshwor / Kathmandu / Okharpauwa	13–24 Sept 2020	MANU	18	9	9	18+
<u>VINWC20-22</u>	Stop Global Warming: Save the earth	Tarkeshwor / Kathmandu / Okharpauwa	17-29 Sept 2020	ENVI, EDU	12	6	6	18+
<u>VINWC20-23</u>	Raising peace campaign	Tarakeshwor / Kathmandu / Okharpauwa	12-21 Oct 2020	EDU, CULT	10	5	5	18+
<u>VINWC20-24</u>	Reconstruction	Tarakeshwor / Okharpauwa / Kathmandu	03-13 Nov 2020	MANU	18	9	9	18+
<u>VINWC20-25</u>	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	19–30 Nov 2020	KIDS, EDU	12	6	6	18+



<u>VINWC20-26</u>	Social Event - International Volunteer Day celebration	Kathmandu / Tarakeshwor	25 Nov-6 Dec 2020	MANU, EDU	10	5	5	18+
<u>VINWC20-27</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	9 -21 Dec 2020	MANU	18	9	9	18+
<u>VINWC21-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa / Kavresthali	5-17 Jan 2021	KIDS, EDU, SPOR & CULT	16	8	8	18+
<u>VINWC21-02</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa / Kavresthali	11 - 22 Jan 2021	KIDS, EDU, SPOR & CULT	16	8	8	18+

PROJECT DETAILS

Project 1: Children's Winter Camp 2020 – (EDU, SPOR & CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa	5-17 Jan 2020	EDU, SPOR & CULT	16	8	8	18+
<u>VINWC20-02</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa	11 - 22 Jan 2020	EDU, SPOR & CULT	16	8	8	18+

Background/Project: Children's Development is one of the major programs at VIN's Integrated Community Development Approach. The Goal of the Children's development program is to protect the rights of all children by providing them access to basic quality education, developing their life skills (creativity, leadership etc.) & providing access to health & hygiene services. VIN has different projects under children's development program such as Children's Clubs (CC), Early Childhood Development (ECD), School Attendance (Teacher Development, Parenting Education, School Infrastructure Development, and Child Sponsorship) and Child Care.

Even in these days in Nepal, schools are focused mainly on examination and are not doing enough to develop life skills like creativity and leadership for children. Teachers only focus on reading and writing – **rote learning**. Creativity and individual differences in children are not explored. Due to the busy work schedule of parents, most of the children do not have an opportunity to socialize and be creative. That's the reason why, this types of camps are so essential to provide life skills development opportunities to children aged between 5-12 years old. We work only with disadvantaged communities as these families cannot afford to take their children to holidays during their Winter & Summer breaks. Children don't have a proper structure and environment at home, or a school to develop their innate talents. Children's camp (at winter and summer breaks) is one of the best places to explore their innate talents such as creativity and leadership. In this work camp, national & international volunteers will facilitate different types of fun and creative activities for the children where VIN works.

Objectives:

- To provide unique opportunities for overall development (social, emotional, physical, mental, creativity) & provide fun-time for children aged between 5 and 12 utilizing their vacation period.
- To promote the friendship, understanding and solidarity among local young volunteers and cross-national volunteers.
- To provide an opportunity to understand and appreciate the Nepalese culture and

traditions via cultural immersion.

Work / Activities: The volunteers will conduct children's camp to promote their innate talents & creativity for their overall physical, mental, social & emotional development. During the children's camp volunteers will prepare sessions and take classes on following topics: Physical exercises, team building, drawing, colouring & painting, art, craft & origami, singing and dancing, drama, music, hiking, teaching language, and so on.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor: Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: You can go for the sightseeing at various cultural heritage sites around Kathmandu. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

[The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization.]

Project 2: Library Camp- (EDU, SOCI, KIDS, MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-03</u>	Library Camp	Tarakeshwor / Okharpauwa Kathmandu	4 - 15 Feb 2020	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC20-13</u>	Library Camp	Okhaldhunga	19 – 31 July 2020	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC20-19</u>	Library Camp & Festive Camp (Teej & Panchami)	Tarakeshwor / Kathmandu / Okharpauwa	18 – 28 Aug 2020	EDU, SOCI, KIDS, MANU	10	5	5	18+

Background/Project: A library is a collection of sources of information and similar resources, made accessible to a specific community/school for reference or borrowing. It provides physical or digital access to material, and may be a physical building or room, or a virtual space, or both. Learners are at the centre of learning in the library. In Nepal, there

are not enough training organized for teachers and children on how to use a library. So through this camp, volunteers will organize teaching and learning activities through the use of library resources. It's a very fun and creative way of learning.

Work camps will be organized with the cooperation of local community schools under VIN's children's development program and working together with local teachers/children/villagers.

The schools where we are conducting camps lack facilities of a library and other infrastructure. Some schools have some collections, but they are not managed and used well. The rooms are not well painted and books are not arranged in a proper order. Children are not taught the skills of using a library and its importance.

Volunteers will not only manage the library, but will also organize activities with children at school and conduct some classes on how a library is managed and used. The library camp will help children to develop reading and writing skills. Volunteers with abilities on sports, arts & crafts, music, dance, drama, in & outdoor group games are welcome.

Through this project we want to give every student an opportunity to learn, to enjoy reading, and to create new knowledge and understanding by the use of a library.

Objectives:

- To work for a children development project and exchange the experience
- Help the school manage its library and teach children to use it in a regular basis.

Work:

- Clean and maintain the library.
- Arrangement of resources in the library and record them in proper order.
- Paint and decorate the library room.
- Conduct the session with children and teachers for the proper use of library.
- Organize different reading and/or writing activities with children in relation to the use of the library.

VINWC20-19

Part II Festive Camp

Teej and Panchami celebration

Teej is a festival celebrated by Nepali women, for the long life of her husband and long and firm relationship between them until the death this life and all the lives to come. Teej is observed for marital happiness, well-being of spouse and children and purification of own body and soul. Teej is the most famous festival among Nepali women. But not all women celebrate this festival. Women from Newar ethnic group do not celebrate this festival. Teej is

a small red insect that comes out of the soil during the rainy season. It is said Teej got its name from the same red insect. That is why Teej is celebrated in red.

Decked up in red sarees and red tika, bangles, women sing and dance to traditional folk songs for days. It is especially significant for married women, when they get a special invitation to visit their maternal home and feast. It is a sight to behold at the Pashupatinath temple, where thousands of women draped in Red and green throng the premises of the temple. Observers can take photos of these women dancing merrily, where sometimes foreigners, especially women tourists are requested to participate in the merry-making.

1. The eve (first day of Teej) is called Dar Khane Din. This evening the grand feast takes place. The grand feast is called “Dar”.
2. Second day is the main day of Teej (the fasting day). Some women take it very rigid, they even live without a piece of food and drops of water while some others take liquid and fruit.
3. On the third day, Women get up early in the dawn and get cleaned and do the puja once again and only after this puja, women take solid food.
4. The fourth and final day is called Rishi Panchami. After the completion of the previous day's pooja, women pay homage to various deities and bathe with red mud found on the roots of the sacred Datiwan bush, along with its leaves. This act of purification is the final ritual of Teej, after which women are considered forgiven from all their sins.”

Objective:

- Understand the importance of Teej festival and know how it is celebrated.
- Understanding of Nepali Cultural

Activities:

- Celebration of Teej women with positive energy in the community.
- Performed a dance ritual with the community women
- Cultural exchange

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor: Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- A half day guided sight-seeing to the world heritage site of Kathmandu
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: You can go for the sightseeing at various cultural heritage sites around Kathmandu. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

[The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization.

Project 3: House Rebuilding Support – (MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-04</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa Kathmandu	17 - 28 Feb 2020	MANU	16	8	8	18+
<u>VINWC20-09</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	18 - 29 June 2020	MANU	16	8	8	18+
<u>VINWC20-16</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	5 - 15 Aug 2020	MANU	18	9	9	18+
<u>VINWC20-21</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	13 - 24 Sept 2020	Manu	18	9	9	18+
<u>VINWC20-24</u>	House Rebuilding	Tarakeshwor / Okharpauwa / Kathmandu	09 - 19 Nov 2020	MANU	18	9	9	18+
<u>VINWC20-27</u>	House Rebuilding	Tarakeshwor / Okharpauwa / Kathmandu	9 -21 Dec 2020	MANU	18	9	9	18+

Background/Project: Many parts of the communities were destroyed to dust and many families lost their houses and properties during the 2015 earthquake. This massive earthquake not only left people poor but many people are now homeless and living in very cold and small temporary shelters. This tragic moment made VIN realize that the reconstruction of houses of poor families, public properties, religious temples, and cultural heritage sites should be a priority when supporting the people in the community.

After the devastating earthquake of 25th April, 2015, the situation in Nepal is desperate! VIN has been continuously involved in Relief work, which is divided into three phases; Rapid response / Rescue, Rehabilitation, Reconstruction & Sustainability.

VIN has already completed two phases, and we are now in the Reconstruction & Sustainability phase. This is a long term phase. We will be working until the reconstruction is complete in our affected communities. This project aims to support very poor and needy families to reconstruct earthquake resistance houses.

Objectives:

- To support the rebuilding of Earthquake resistance homes for the most needy and affected families of VIN's working communities.
- To demolish damaged structure, clear debris and manage it.

Work / Activities:

- Support the victims to rebuild earthquake resistant homes.
- Demolish the damaged structure, clear debris and manage it.
- Educate on safe earthquake resistant houses.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor : Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours emergency support

- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: You can go for the sightseeing at various cultural heritage sites around Kathmandu. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

[The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization]

Project 4: Environment & Culture (Garbage management & Celebration of Holi festival) – (ENV, CULT, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-05</u>	Environment & Culture	Tarakeshwor / Okharpauwa / Kathmandu	5 - 16 March 2020	ENV, CULT, EDU	16	8	8	18+

Background/Project:

Part I: Garbage management

The protection of the environment is a major challenge today. The solid waste management should be an urgent action to protect the environment. Solid waste is a by-product of human activities, which tends to increase with rapid urbanization, improved living standard and changing consumption patterns. Management of increasing amount of solid waste has become a major challenge in many communities in Nepal. If solid waste is properly used it

can be a valuable resource, but if it is not effectively managed, it can result in serious adverse impact on environment and public health.

The problems associated with the disposal of waste in public places in VIN's working communities, including schools, are numerous and they include littering of food remains and other waste materials.

There is a potential health risks associated with the poor management of solid waste .Children are particularly susceptible to respiratory problems caused by dust from dumping sites and also to diarrhoea ,skin disease and eye infection amongst other diseases.

Non-biodegradable waste (NBW) is common in communities that are urbanised or within the vicinity of an urbanised environment. Nepal has a huge challenge of NBW visible to the naked-eye. This NBW phenomenon is a much larger issue in rural communities such as Kavresthali and Okharpauwa community located beyond the outskirts of Kathmandu. Preventing the build-up of NBW in communities becomes top priority as diseases derived from NBW increases the prevalence of disease related to sanitation and consumable products. Furthermore, NBW causes degradation to the land. The majority of farmers use to grow local products to feed their households and farm-stock. This project is designed to generate a change in the community with a theme of “Better Environment – Better Tomorrow”.

Part II: Celebration of Holi Festival

Holi, also known as Festival of colours, is one of the most popular festivals in Nepal. Holi is celebrated for the victory of good over evil and the coming of spring. During this colourful festival, Nepalese and foreign tourists will throw each other with dry powder and coloured water to express their sincere blessings and good wishes. It is also celebrated as a thanksgiving for a good harvest. Holi is an ancient Hindi religious festival which has become popular with non-Hindus in many parts of South Asia, as well as people of other communities outside Asia. People visit family, friends and foes to throw coloured powders on each other, laugh and gossip, then share Holi delicacies, food and drinks. The frolic and fight with colours occurs in the open streets, open parks, outside temples and buildings. Groups carry drums and other musical instruments, go from place to place, sing and dance.

2 days before the exit day, volunteers make the preparations and celebrate Holi festival in the community.

Objective:

- Prevent and control water, land and air pollution through environment education and cleaning activities.
- Understand the importance of holi festival and know how it is celebrated.

Activities:

- Organize the waste management /Community clean-up campaign by involving

- community people.
- Train local people on garbage management (segregation, disposal, domestic methodology to make compost fertilizer etc.)
 - Develop the concept of kitchen garden and train the households to implement it in their homes.
 - Celebration of festival of colors with positive energy in the community.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor : Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants.

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: You can go for the sightseeing at various cultural heritage sites around Kathmandu. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

[The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization]

Project 4: Personality Development for Children – (KIDS, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-07</u>	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	10 – 21 May 2020	KIDS, EDU	12	6	6	18+
<u>VINWC20-25</u>	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	19 – 30 Nov 2020	KIDS, EDU	12	6	6	18+

Background/Project: Children are not just little adults. They go through typical stages of growth—intellectually, emotionally, and socially—on their way to becoming adults. Sometimes we may think that children are too young to understand a gospel principle or that we really don't have much influence with our older children.

Developing a child's personality is an essential element in today's competitive world. A developed personality is definitely a key to success. Though developing personality in children is a slow and steady process, it enhances their confidence in future.

Developing a child's personality holds a great importance, as it brings a lot more changes in the way the child behaves, deals or accepts a situation, or life itself. And then who as a parent would like to see lot of personality traits in a child. A child with a developed personality can stay socially viable, will be able to impress his audience, interact better, handle situations with great ease, have a positive approach towards each and every situation in life, and handle stress better.

In the present context in Nepal, the school and family focus on getting good marks in exams. However, it is not focused on exploring the hidden talents of children and develop them for future. Children have less opportunities for those. This project aims to dig out the hidden talents and develop different skills so that they can perform better in the future.

Objective:

- To dig out child's hidden talents, boost their confidence and improve their communication skills and language.
- To develop the ability to enhance one's scope of knowledge by widening the boundaries and few hobbies or brushing of particular skills
- To help child get over from any of his/her weaknesses and bring a positive attitude in the child's way of thinking and living.

Work and activities:

- Prepare and conduct the research to dig out child's hidden talents and interest.
- Organize sessions of different life skills like communication, public speaking, leadership and so on.
- Prepare and implement different sessions and activities to improve children's ability.

Placement Support Process: Each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. The first day is the arrival day. The second day volunteers will receive a full day orientation at VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. You will always be guided by a Nepali camp leader and VIN supervisors will visit you time to time for follow up support. Should you have any concerns on the work camp, you may always call us for immediate help. On the last day of the work camp, you will submit a detailed work report, fill up an exit form and sit with VIN executives for exit interview and feedback session.

Location:

- **Tarakeshwor:** Tarakeshwor municipality is situated outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants.

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation) is to be paid on your arrivals at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp, community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: You can go for the sightseeing at various cultural heritage sites around Kathmandu. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

[The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization]

Project 5: Art & crafts with Children (ARTS, KIDS, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-08</u>	Art & crafts with Children	Tarakeshwor / Okharpauwa / Kathmandu	07 - 18 June 2020	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC20-12</u>	Arts & crafts with children	Tarakeshwor / Kathmandu / Okharpauwa	19 – 30 July 2020	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC20-20</u>	Art & crafts with Children	Tarakeshwor / Kathmandu / Okharpauwa	06 – 17 Sept 2020	ARTS, KIDS, EDU	12	6	6	18+

Background/Project: Art is often considered the process or product of deliberately arranging elements in a way that appeals to the senses or emotions. It encompasses a diverse range of human activities, creations and ways of expression, including music, literature, film, sculpture and paintings.

Children of all ages love [arts and crafts](#)! They love getting creative, messy and admiring their masterpieces when they have finished and the great thing with arts and crafts is that they are aiding their development in many other areas too.

As kids manipulate a paintbrush, their fine motor skills improve. When children experiment with materials, they dabble in science. Most important perhaps, when kids feel good while they are creating, art helps boost self-confidence. This unrestricted exploration helps children form connections in their brain, it helps them learn and it's also fun. It is a natural activity to support this free play in children.

Art and craft is a fundamental part of our everyday lives and encouraging children to learn about them will only benefit them as they get older. Art can help a child develop their feeling skills whilst craft will develop their thinking and coordinating skills. Art is communication of this common story that can bring us all together as humans. Art is important because other humans are important and it allows us to understand each other.

This project is developed to improve children's creativity. This aids children to think creatively and how to connect with their imagination. Creativity can make children happier. They express their emotions through arts and craft making them feel calmer and happier. It's wonderful in children's development. Art and crafts projects allow a child to practice their skills, like coordination (eg: cutting, shaping), understanding shapes and colours and explore their hidden interests and talents.

It can bring about positive life-enhancing change to you and the Nepalese people, both ways. As a volunteer you will be given the unique opportunity to teach arts and crafts, of your choice, and also learn the trade through the artistic lens of the Nepalese people. Arts and crafts would also include dance. Here's your chance to make a creative difference in Nepal through art.

Objectives:

- To provide opportunity for children to develop their creativity through art and crafts.
- To promote the friendship, understanding and solidarity among local young volunteers and cross-national volunteers.

Activities:

- Develop and conduct the session of drawing, painting, creating gifts and craft or any artistic expression among the children.
- Organize the activities of origami, collage work, music, dance etc.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. During or after the work camp, our staff will take volunteers on a half day sight-seeing tour a cultural heritage site. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor : Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours' emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: VIN will take you to a half day cultural sightseeing. Either before, during or after your workcamp. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization)

Project 6: Sports for Children (KIDS, EDU, SPOR)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-06</u>	Sports for Children	Tarakeshwor / Kathmandu / Okharpauwa	19 - 30 April 2020	EDU, CULT	12	6	6	18+
<u>VINWC20 – 15</u>	Sports for children	Okhaldhunga	29 July – 10 Aug 2020	KIDS, EDU, SPOR	12	6	6	18+

Background/Project: VIN’s Children Development Program not only focuses children’s education part, it also gives priority to sports. Due to its vast reach, unparalleled popularity and foundation of positive values, sport is definitely one of the greatest things man has ever created. It’s also a powerful tool that breaks down all the barriers and helps us feel good about ourselves, both physically and mentally. Sport is quite beneficial for children: by playing sports children develop physical skills, exercise, make new friends, have fun, learn to be a team member, learn about play fair, improve self-esteem, etc.

The enhancement of physical and mental development of children is certainly the most important contribution of sports, but the list of values your child may learn and acquire through sports does not end here. Other positive aspects are numerous, which reveals the true beauty of sport.

No other thing in life gives children such opportunity to develop positive character traits and to soak up many quality values as sports does.

Similarly, physical activity has an immense impact on not only children’s physical health and development but on their psychological health as well. Sport more specifically can have an even greater impact in these areas of growth while improving social skills in the process. [Sport](#) provides children with the perfect outlet to keep them active while having fun and learning valuable life skills.

There is truth in that sports bring people together. Seize the opportunity and share your love for sports, or a sport of your liking, with the children of Nepal. Football, volleyball and cricket are big in Nepal while other sports are only now beginning to take root. As a volunteer sports coach/teacher you would bring joy among the children.

Objectives:

- To teach or coach any sport to the children and develop the basic skills
- To enable children create friendships, teamwork and benefits for social interaction, help building positive self- esteem, and increasing feelings of physical and mental

well-being in children.

Work and activities:

- Teach/coach different sports (football, volleyball, basketball, badminton or any other) to the children and teachers.
- Organize and conduct interschool sports events (indoor and outdoor) together with local staffs.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the workcamp, you may always call VIN for immediate help. During or after the workcamp, our staff will take volunteers on a half day sight-seeing tour a cultural heritage site. On the last day of the workcamp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor : Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours' emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: VIN will take you to a half day cultural sightseeing. Either before, during or after your workcamp. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization)

Project 9: Children's summer camp (EDU, SPOR, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-10</u>	Children's Summer Camp	Tarakeshwor / Kathmandu / Okharpauwa	08 - 19 July 2020	KIDS, EDU, SPOR	12	6	6	18+
<u>VINWC20-11</u>	Children's summer camp	Okhaldhunga	08 – 20 July 2020	EDU, SPOR, CULT	12	6	6	18+

Background/Project: Children's Development is one of the major programs in VIN's Integrated Community Development Approach. The Goal of the Children's development program is to protect the rights of all children by providing them access to basic quality education, developing their life skills & providing access to health services through community health program.

Even in recent days in Nepal, schools are focusing on examination and are doing less for developing the creativity of the students. Teachers only focus on reading and writing – **rote learning**. The creativity of children is not explored. Due to the busy work schedule of parents, most of the children do not have the opportunity to socialize and be creative. To provide opportunities to children (aged 6-12 years old) on socialization & creativity, such

type of camps is very essential.

At VIN working area Okhaldhunga, children don't have a proper structure and environment at home or school to develop their innate talents. Children's camp (at winter and summer breaks) is one of the best places to explore their innate talents and creativity. In this work camp, national & international volunteers facilitate different types of fun and creative activities for the target children where VIN works.

Objectives:

- To provide unique opportunity for overall development (social, emotional, physical, mental, creativity) & provide fun-time for children aged 6-12 utilizing their vacation period.
- To promote friendship, understanding and solidarity among local young volunteers and cross-national volunteers.
- To provide opportunity to understand and appreciate the Nepalese culture and tradition via cultural immersion.

Work / Activities: The volunteers will conduct children's camp to promote their innate talents & creativity for their overall development such as physical, mental, social & emotional. During children camp volunteers can prepare sessions and take classes on following topics: Physical exercises, Team Building, Drawing, coloring & painting, Art, Craft & Origami, Singing and dancing, Drama, Music, and Hiking, Teaching language and so on.

Location: Okhaldhunga district which is 250 km from Kathmandu. It takes one-day travel by bus. A hilly and mountainous region surrounded by woods and fields.

Placement Support Process: The first day is the arrival day. Each volunteer is greeted and received by VIN local staff at the airport and dropped to a hotel or VIN hostel. The second day volunteers will receive a full day orientation at VIN office in Kathmandu. The placement orientation will cover, cultural tips, survival phrases on Nepali language, health tips, and project activities preparation and about VIN. Then you will travel to Okhaldhunga, project site which takes minimum 8 hrs drive. You will be always guided by a Nepali camp leader/VIN staff and VIN supervisors will visit you time to time for follow up support. Should you have any concerns on the workcamp, you may always call us for immediate help. Before or after the work camp, we will take you a half day sight-seeing to cultural heritage sites. On the last day of the workcamp, you will submit a detailed work report, fill up an exit form and sit with VIN executives for exit interview and feedback session.

Accommodation/food: The volunteers will stay in Kathmandu for two nights until orientation. VIN covers two nights' accommodation in twin sharing basis and provides lunch in its office on the orientation days. They have to cover breakfast and dinner themselves. Then they will be with the host family/hostel identified by VIN in

Okhaldhunga. The living facilities are simple and basic. Male and female Volunteers will share the same living area with separate rooms. There will be 2-4 persons in one room. Volunteers are required to sleep on simple beds. Please bring your sleeping bag.

Language: Basic English should be spoken among participants and children

Participation Fee: The participation fee 200 Euros + 60 Euro for Transportation is to be paid on your arrivals at VIN Office.

Why Okhaldhunga and extra transportation fee:

- Beautiful Himalayan region close to Mt. Everest.
- Lacks development and basic infrastructure.
- Very needy local area waiting for development.
- Welcoming community and rich in culture.
- Simple life style and smiling people.
- Lovely environment and up and down hills.
- Takes one day (250 km) car/bus rough and paved drive from Kathmandu.
- Good and enough support from local staff and community people.
- Volunteers will fill they have really contributed for needy and poor community.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick- up and pick up and drop to the working community site
- Materials for the work-camp, community development projects support
- Local volunteer support cost
- VIN T-shirt and certificate of participation
- 24 hours' emergency support
- VIN admin cost

What's Excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: VIN also organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot on extra costs if you are interested after your work camp.

Note: We will organize this Work camp to another community close to Kathmandu if we receive less than 7 participants.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization)

Project 10: Health, hygiene & sanitation education (HEL, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20 - 14</u>	Health, hygiene & sanitation education	Okhaldhunga	13 – 24 July 2020	HEL, EDU	14	7	7	18+

Background/Project: Okhaldhunga, District of the Himalayas - This small paradise on the earth is in the Everest Region. It is located in Sagarmatha zone in the North-East part of Nepal. Okhaldhunga is one of the most beautiful places in Nepal. If Okhaldhunga is viewed with sacred vision, it has numerous sights which are fascinating. VIN's Project site (Taluwa, Bhadaure and Thulachhap communities) is on the South-East part from the district headquarter, Okhaldhunga. From Kathmandu, bus route is about 250 km which is a rough trip that takes one day (9-12 hrs). In Okhaldhunga, VIN implements integrated approach to community development.

Because of the geographical situation, it has limited developmental activities and facilities. Unlike Kathmandu, Okhaldhunga has numbers of illiterate people.

Objectives:

- To involve the children and sensitize them about Health Hygiene and Sanitation issues.
- To help develop the skills personal hygiene, sanitation, nutrition, etc.

Work / activities:

- Conducting awareness campaign related with hygiene and sanitation in various schools
- Trash collection around the school area

Location: Okhaldhunga district which is 250 km from Kathmandu. It takes one-day travel by bus. A hilly and mountainous region surrounded by woods and fields.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. The first day is the arrival day. The second day volunteers will receive a full day orientation at VIN office in Kathmandu. The placement orientation will cover, cultural tips, survival phrases on Nepali language, health tips, and project activities preparation and about VIN. Then you will travel to Okhaldhunga, project site which takes minimum 8 hrs drive. You will be always guided by a Nepali camp leader/VIN staff and VIN supervisors will visit you time to time for follow up support. Should you have any concerns on the work camp, you may always call us for immediate help. You will again travel to Kathmandu from Okhaldhunga the second last day of the work camp. Before or after the work camp, we will take you a half day sight-seeing to cultural heritage sites. On the last day of the work camp, you will submit a detailed work report, fill up an exit form and sit with VIN executives for exit interview and feedback session.

Accommodation/food: The volunteers will stay in Kathmandu for two nights until orientation. VIN covers two nights' accommodation in twin sharing basis and provides lunch in its office on the orientation days. Then they will be with the host family/hostel identified by VIN in Okhaldhunga. The living facilities are simple and basic. Male and female Volunteers will share the same living area with separate rooms. There will be 2-4 persons in one room. Volunteers are required to sleep on the simple beds. Please bring your sleeping bag. When they are in the city after the evaluation, they are required to cover food and accommodation themselves.

Language: Basic English should be spoken among participants

Participation Fee: The participation fee 200 Euros (+60 Euro for Transportation), which is to be paid on your arrivals at VIN Office.

Why Okhaldhunga and extra transportation fee:

- Beautiful Himalayan region close to Mt. Everest.
- Lacks development and basic infrastructure.
- Very needy local area waiting for development.
- Welcoming community and rich in culture.
- Simple life style and smiling people.
- Lovely environment and up and down hills.
- Takes one day (250 km) by jeep or bus, both rough and paved drive from Kathmandu.
- Enough support from local staff and community people.
- Volunteers will fill they have really contributed for needy and poor community.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Two nights' hotel accommodation in Kathmandu upon arrival in budget standard in twin sharing basis
- Transportation: Airport pick- up and pick up and drop to the working community site
- Materials for the work-camp, community development projects support
- Local volunteer support cost
- VIN T-shirt and certificate of participation
- 24 hours' emergency support
- VIN admin cost

What's Excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: VIN also organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot on extra costs if you are interested after your work camp.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form from the sending organization)

Project 11: School Development & Education (KIDS, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-17</u>	School Development & Education	Okhaldhunga	9 – 21 Aug 2020	KIDS, CULT	18	9	9	18+

Background/Project: Okhaldhunga, District of the Himalayas - This small paradise on the earth is in the Everest Region. It is located in Sagarmatha zone in the North-East part of Nepal. Okhaldhunga is one of the most beautiful places in Nepal. If Okhaldhunga is viewed with sacred vision, it has numerous sights which are fascinating. VIN's Project site (Taluwa, Bhadaure and Thulachhap communities) is on the South-East part from the district headquarter, Okhaldhunga. From Kathmandu, bus route is about 250 km which is a rough trip that takes one day (9-12 hrs). In Okhaldhunga, VIN implements integrated approach to community development.

Because of the geographical situation, it has limited developmental activities and facilities. Unlike Kathmandu, Okhaldhunga has numbers of illiterate people. Okhaldhunga lacks proper education facilities. Due to the lack of education facilities, young people move from Okhaldhunga to other cities like Kathmandu or fly abroad to secure proper education. There are schools but they don't impart quality education. Not many people complete high school due to poverty, not having good schools, resources and geographical remoteness.

According to VIN's baseline survey, there are only 91.56% children who have been attending school regularly, but 1.44% children are not regular in school. Similarly, 10.42% students' dropout of school. There are 2.99% families which are well aware about child rights and 20.69% families know a fair amount about child rights. But, 76.30% families do not know anything about child rights. Most children who drop out are involved in household work, field/farm work, households ploughing, labour in agriculture, collect grass/firewood, graze to cattle etc.

Work camps will be organized with the cooperation of local community schools, and community stakeholders to create child friendly teaching and learning environment. Most of the schools lack basic infrastructure like school building, education material, playground and drinking water. Volunteers can make a big difference in the daily lives of these children by providing necessities listed above and educating children through fun and creative ways.

The work camp will also involve teaching children from poor and marginalized community in formal and non-formal schools about Basic English and Mathematics, Health and Hygiene, and Environmental protection through creative learning methods like art, music, games etc. There will also be house visits and meetings with local people as part of inter-

cultural learning and to give awareness on health and hygiene. In addition, volunteers also will get a chance to take part in simple renovation work at local schools and engage in activities like painting, tree plantation, protection from landslides etc. As part of the cultural exchange, volunteers will witness and participate in the available cultural programs with local community.

Objectives:

- To create child friendly learning environment to the children of Okhaldhunga by developing resources and educational activities;
- To provide children from the disadvantaged communities a unique opportunity of overall development (social, emotional, physical, mental, creativity) & provide fun-time for children aged 6-12.
- To promote the friendship, understanding and solidarity among local young national and international volunteers.
- To make classroom child friendly by painting and coloring the classrooms. Teach different skills to the children.

Work: Paint and decorate the class rooms. Renovate school areas, class rooms, walls etc. Teach students Basic English and mathematics. Play sports, Teach Basic English and mathematics, health and hygiene, and environmental protection through creative learning methods like art, music, games etc.

Location: Okhaldhunga district which is 250 km from Kathmandu. It takes one-day travel by bus. A hilly and mountainous region surrounded by woods and fields.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. The first day is the arrival day. The second day volunteers will receive a full day orientation at VIN office in Kathmandu. The placement orientation will cover, cultural tips, survival phrases on Nepali language, health tips, and project activities preparation and about VIN. Then you will travel to Okhaldhunga, project site which takes minimum 8 hours drive. You will be always guided by a Nepali camp leader/VIN staff and VIN supervisors will visit you time to time for follow up support. Should you have any concerns on the work camp, you may always call us for immediate help. You will again travel to Kathmandu from Okhaldhunga the second last day of the work camp. Before or after the work camp, we will take you a half day sight-seeing to cultural heritage sites. On the last day of the work camp, you will submit a detailed work report, fill up an exit form and sit with VIN executives for exit interview and feedback session.

Accommodation/food: The volunteers will stay in Kathmandu for two nights until orientation. VIN covers two nights' accommodation in twin sharing basis and provides lunch in its office on the orientation days. Then they will be with the host family/hostel identified by VIN in Okhaldhunga. The living facilities are simple and basic. Male and

female Volunteers will share the same living area with separate rooms. There will be 2-4 persons in one room. Volunteers are required to sleep on the simple beds. Please bring your sleeping bag. When they are in the city after the evaluation, they are required to cover food and accommodation themselves.

Language: Basic English should be spoken among participants

Participation Fee: The participation fee 200 Euros (+60 Euro for Transportation), which is to be paid on your arrivals at VIN Office.

Why Okhaldhunga and extra transportation fee:

- Beautiful Himalayan region close to Mt. Everest.
- Lacks development and basic infrastructure.
- Very needy local area waiting for development.
- Welcoming community and rich in culture.
- Simple life style and smiling people.
- Lovely environment and up and down hills.
- Takes one day (250 km) by jeep or bus, both rough and paved drive from Kathmandu.
- Enough support from local staff and community people.
- Volunteers will fill they have really contributed for needy and poor community.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Two nights' hotel accommodation in Kathmandu upon arrival in budget standard in twin sharing basis
- Transportation: Airport pick- up and pick up and drop to the working community site
- Materials for the work-camp, community development projects support
- Local volunteer support cost
- VIN T-shirt and certificate of participation
- 24 hours' emergency support
- VIN admin cost

What's Excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuwan International Airport, Kathmandu

Leisure Activities: VIN also organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot on extra costs if you are interested after your work camp.

Note: We will organize this Work camp to another community close to Kathmandu if we receive less than 7 participants.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form from the sending organization)

Project 12: Working with deaf children (KIDS, EDU, MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-18</u>	Working with Deaf children	Sindhuli	11 – 22 Aug 2020	KIDS, EDU, MANU	12	6	6	18+

Background/Project: Working with Deaf Children project aims to support and help deaf children through educational and other activities. VIN works in partnership with Shree Navajyoti Deaf Basic School which lies at Kamalamai Municipality-6 at Jasedamar village in Sindhuli District. It was established in 2062 B.S (2006 AD). It is 1.8 km east from Sindhuli Madi Bazar. Sindhuli Madi Bazar is around 121 km south-east from the capital, Kathmandu. This school is the one and only deaf special school in whole Janakpur zone, where students from 8 neighbouring districts (Dhanusha, Sarlahi, Mahottari, Siraha, Ramechhap, Okhaldhunga, Khotang and Udaypur) studies. We have total 88 students, classes running from pre-primary to Grade 8. It also has computer classes running from grade 6 to 8.

Total numbers of students present at school. (Also stays at deaf school hostel)

S.no.	Girls	Boys	Total	Ethnic	Dalit	Brahmin/Chhetris
1.	43	45	88	66	9	13

Total number of teacher and staff at school and hostel.

S.no.	Teacher	Pre-primary staffs	Cooking Staff	Hostel Warden	School Assistant
1.	7	2	3	1	1

Objectives:

- To conduct various educational, fun and creative activities for the development of deaf children.
- To create child friendly learning environment at school through art work, painting, cleaning, construction etc.

Work: Conduction of session on experience sharing, creative writing, personal health and hygiene etc. Teach Basic English and Mathematics, or organize some sports, fun activities etc. Assist teachers in the class. Renovating, Painting and Decoration of classrooms with locally available materials. Maintenance of ground, compound and develop garden. Good opportunity of teaching or learning sign language.

Location:

It is in Sindhuli District. It is 1.8 km east from Sindhuli Madi Bazar. Sindhuli Madi Bazar is around 134 km south-east from the capital, Kathmandu.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. The second day volunteers will receive a full day orientation at VIN office in Kathmandu. The placement orientation will cover, cultural tips, survival phrases on Nepali language, health tips, and project activities preparation and about VIN.

You need to travel to the working place by bus or jeep. It takes 6-7 hrs. from Kathmandu. You will be always guided by a Nepali camp leader or local teacher and VIN supervisors will be in regular contact for follow up support. Should you have any concerns on the work camp, you may always call us for immediate help. During or after the work camp, our staff will take you a half day sight-seeing to cultural heritage sites. On the last day of the work camp, you will submit a detailed work report, fill up an exit form and sit with VIN executives for exit interview and feedback session.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female Volunteers will share the same living area with separate rooms. There will be 3-5 persons in one room. Volunteers are required to sleep on the simple beds. Please bring your sleeping bag.

Language/skills: Basic English should be spoken among participants. Those who have skills of sign language will carry on the project easily.

Participation Fee: The participation fee 200 Euros (+50 Euro for transportation), which is to be paid on your arrivals at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp, community development projects support
- Local volunteer support cost
- VIN T-shirt and certificate of participation
- 24 hours' emergency support
- VIN admin cost,

What's excluded?

Airfare, VISA, travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: VIN also organize weekends travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot on extra costs if you are interested.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form from the sending organization)

Project 13: Stop Global Warming (ENVI, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-22</u>	Stop Global Warming: Save the earth	Tarkeshwor / Kathmandu / Okharpauwa	17 - 29 Sept 2020	ENVI, EDU	12	6	6	18+

Background/Project:

Stop climate change

Climate change in Nepal has been a Major problem that many Nepalese are struggling. Global warming is a global increase in the temperature of the earth because of some daily activities. Our various activities heat up the earth, which ultimately rises its temperature. Rise in temperature takes place when greenhouse gases (such a carbon dioxide, water vapors etc.) trap heat and light from our surroundings and sun. Ultimately, rise in temperature hurts the lives of human beings, animals, and plants. There are many reasons for the increasing global warming however, some of the primary and main causes are consider because of the Green House Effect. Volunteer's initiative Nepal (VIN) is a social organization that has been contributing for the society since 2005 AD. As n service provider, VIN has executed programs like waste management, Toilet construction that has been directly or indirectly been associated with controlling Global-warming management.

Objectives:

- Aware children from school and community towards Global Warming management.
- Aware people from local location about Global warming and it controlling measures.
- Conducting Rally to inspire the surrounding about Global warming effects.
- Conducting discussion from different age groups to collect their understanding about global warming and look for realistic solution.

Work and activities:

- Conduct Rally to inspire the surrounding about Global warming effects.
- Conduat discussion from different age groups to collect their understanding about global warming and look for realistic solution

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali

camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. During or after the work camp, our staff will take volunteers on a half day sight-seeing tour a cultural heritage site. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor : Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours' emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: VIN will take you to a half day cultural sightseeing. Either before, during or after your work camp. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization)

Project 14: Raising peace campaign (EDU, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-23</u>	Raising peace campaign	Tarakeshwor / Kathmandu / Okharpauwa	12-21 Oct 2020	EDU, CULT	10	5	5	18+

Background/Project:

Historically, violence against women and girls has been in existence and a widespread in Nepali society but still unreported problem in Nepal. It is reported that one-third married women have experienced emotional, physical, or sexual violence from their spouse in their marital relationship. The women experience violence when trafficked into forced labour or prostitution. Between 5,000 and 12,000 girls and women aged 10 to 20 years of age are trafficked every year, 75 percent of whom are below 18 years of age and the majority of whom are sold into forced prostitution.

In Nepal there exist six kinds of violence against women and girls in mainly sexual abuse, incest and rape by family members and other, recruitment by family members into prostitution, neglect by family members, even to the point of death, feticide and infanticide, dowry demand and wife abuse.

This project aims to provide human rights education from professionals through awareness raising campaign to the community people especially women and girls. The different activities like Drama performance education in public with the message on ‘Say “NO” to Violence against Woman’ will be conducted. A forum in public place for interaction with local community people is organised to have interaction on Women Violence, problems and their solutions. The target population is leaders of community, teachers and especially women groups and teen aged girls. It aims to develop raising peace and protect human rights.

Objectives:

- Raising awareness to the local community against violence among women.
- Aware people on women rights and implement those in local level.

Work and activities:

- Conduct awareness sessions to the men and women
- Organize drama performance to provide education in public with the message on “Say ‘NO’ to violence against women”
- Organize open forum in public place for the interaction with local community people on women violence, problems and their solutions.

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. During or after the work camp, our staff will take volunteers on a half day sight-seeing tour a cultural heritage site. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor : Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day
- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers’ support cost

- VIN T-shirt, and certificate of participation
- 24 hours' emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuwan International Airport, Kathmandu

Leisure Activities: VIN will take you to a half day cultural sightseeing. Either before, during or after your work camp. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization)

Project 15: Social Event - International Volunteer Day Celebration (EDU, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC20-26</u>	Social Event – International Volunteer Day celebration	Tarakeshwor / Kathmandu	25 Nov -6 th Dec 2020	EDU, CULT	10	5	5	18+

Background/Project:

International Volunteer Day is a chance for individual volunteers, communities and organizations to promote their contributions to development at the local, national and international levels. By combining United Nations (UN) support with a grassroots mandate, International Volunteer Day is a unique opportunity for people and volunteer-involving organizations to work with government agencies, non-profit institutions, community groups, academia and the private sector.

The International Volunteer Day for Economic and Social Development was adopted by the United Nations General Assembly through resolution on 17 December 1985.

Every year VIN has been celebrating International Volunteer Day with specific activities to make International as well as national volunteers involve among each other. This day is celebrated to recognize the contributions each volunteers make through their work.

Objectives:

- To make people aware about Volunteerism

Work and activities:

- Make presentation on Volunteerism
- Arrangement for the Volunteer day
- Plan unique activities to be done during the volunteer day

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day orientation at VIN offices in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. During or after the work camp, our staff will take volunteers on a half day sight-seeing tour a cultural heritage site. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

Location: Tarakeshwor: Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

Accommodation: The volunteers will stay with the host family/hostel identified by VIN. The living facilities are simple and basic. Male and female volunteers will share the same living area with separate rooms. The volunteers sleep on simple beds / mattress. Please bring your sleeping bag.

Language: Basic English should be spoken among the participants

Participation Fee: The participation fee is 200 Euros (+30 Euro for transportation), which is to be paid on arrival at VIN Office.

The Participation Fee Covers:

- Food and Accommodation: Nepali Standard at a local host family – 3 meals a day

- Transportation: Airport pick up and pick up and drop to the working community site
- Materials for the work-camp and community development projects support
- Local volunteers' support cost
- VIN T-shirt, and certificate of participation
- 24 hours' emergency support
- VIN admin cost.

What's excluded?

Airfare, VISA, Travel medical insurance, return airport transfer, entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

Meeting point: VIN staff will pick each volunteer from the airport. The volunteers are requested to send their flight details to VIN on time so that we can send our staff with your name card and VIN's Logo.

If you want to come earlier and explore the country more, you may find pre-paid taxi at the airport or VIN may help you on that.

Airport : Tribhuvan International Airport, Kathmandu

Leisure Activities: VIN will take you to a half day cultural sightseeing. Either before, during or after your work camp. VIN also organizes weekends travel tours to Chitwan Jungle Safari, Pokhara, Nagarkot at an additional cost if you are interested.

(The detail info sheet and acceptance letter will be sent from VIN after we receive your Complete Volunteer Exchange Form (VEF) from the sending organization)