

ICYE Nepal

International Cultural Youth Exchange

Work Profile – 2024 - 2025



ICYE Nepal

Introduction

Nepal Volunteers and Cultural Youth Exchange Program (NVCYE Program) is a distinguished non-profit organization, officially registered with the Social Welfare Council of the Nepal government. Established in 2004, the organization is driven by a noble mission: to empower local communities through community development, education, and conservation initiatives.

At the core of NVCYE's activities are various volunteer programs designed to address diverse needs. These encompass short and long-term opportunities in teaching, orphanage support, construction projects, and organic farming. Additionally, the organization offers avenues for involvement in social media and marketing, healthcare initiatives, renovation programs, women empowerment efforts, data collection, library development, and more.

Notably, NVCYE operates independently of government or corporate funding. The organization relies solely on the benevolence of volunteers and contributors to advance its programs across various sectors. This financial independence underscores the commitment of NVCYE to its grassroots initiatives and highlights the importance of community engagement in driving positive change.

By fostering collaboration between volunteers and local communities, NVCYE aims to create sustainable impacts and uplift the lives of those in need. Through its diverse array of programs, the organization provides a platform for individuals to contribute meaningfully to the betterment of society, emphasizing the value of collective effort and cross-cultural exchange.

General Information

We kindly request our volunteers to fill up registration form, paper from police that you are not convicted of a felony & accept basic cultural rules and regulation. You agree to dress appropriately, respecting the culture of Your Host Country and Host Family.

By joining our volunteer program, you need to agree that you have evaluated the Covid situation and to take all the necessary precautions including vaccinations, and insurance requirements as per the regulations of the country you are travelling to.

Short-term volunteers are available throughout the year. Volunteers should commit to a minimum of four weeks and a maximum of twelve weeks.

Long-term volunteering always begins in August. Volunteers can stay in Nepal for up to ten months by renewing their visa every three and two months.

The weekly fees for volunteer programs such as Monk Teaching, Organic Farming, Data Collection, and Medical Volunteering are expensive than other program fees like Library, social media, Teaching, and Childcare.

- **Visa Requirements:** We generally suggest our volunteers get a pre-arrival visa. However, depending upon your nationality, you may obtain a tourist visa upon your landing in the air terminal in Nepal too. For more information regarding the visa please click [here](#). For e-visa please click [here](#).
- **Personal Appearance:** In Nepal, personal hygiene is very important, and people tend to dress neatly. Be prepared to cover your shoulders and knees, and wear clothing that is not revealing or extravagant even when it is hot. You may wish to bring a range of options from casual to business casual, like what you might wear at home. We suggest our volunteers to cover tattoos and remove facial piercing while volunteering.
- Make sure your passport is up to date. To enter Nepal, your passport must be valid for at least 6 months after your program start date.
- **Documentation:** Please do NOT carry your passport around with you in Nepal. We recommend keeping your passport in a safe place and carry a photocopy.
- Write down your credit card contact information in case you lose your card.
- **Police Report:** If you are volunteering in Nepal Police Report is required.
- **Money Exchange:** The currency of Nepal is Rupees (Rs). USD and Euro are widely accepted; however, the exchange rate is based on local trend near to government rule. It is a good idea to exchange money from the bank. You must have your original passport with you to exchange money. There are ATMs all around Nepal, mostly in Kathmandu valley capital city of Nepal. You can withdraw cash simply using normal debit card, Master card, Credit for a small fee.
- **Covid - 19:** COVID-19 vaccination is required for all passengers (including the children below 18 years and above 5 years). If you fail to submit your COVID-19 Vaccination card, you must take the COVID-19 test and have a negative result. If you have a vaccinated card, you no longer need a COVID-19 evaluate report. A printed copy of the online form (International Traveler Online Arrival Form) must be filled by logging in to ccmc.gov.np.

- **Dengue:** Dengue viruses are transmitted to humans by the bite of an infected *Aedes* species (*Aedes aegypti* or *Aedes albopictus*) mosquito. It may be found all over the world in tropical and subtropical climates, particularly in urban and semi-urban areas. Almost half of the world's population around 4 billion people, live in dengue-risk areas.

Dengue fever is the leading cause of sickness in high-risk areas. There is no specific treatment for dengue, although the warning symptoms of Dengue includes stomach pain or tenderness, persistent vomiting, clinical fluid accumulation, mucosal bleeding, fatigue, restlessness, liver enlargement, and postural hypotension. You may avoid mosquito bites by using following ways.

- Use an insect repellent that has been approved by the EPA.
- Dress in long-sleeved shirts and pants.
- Permethrin should be applied to clothes and equipment.
- Sleep with a mosquito net over your head.
- Prevent Bug Bites

Living

We're here to make your time in Nepal awesome! We'll pick you up and drop you off at the volunteer house and project. You'll get to enjoy tasty local meals and comfy accommodation. On weekends, we'll be there to make sure you have a blast and create unforgettable memories.

Kathmandu has cool places to visit, and most places accept credit cards, so it's convenient for you. Just keep in mind, in Nepal, things like electricity, Wi-Fi, and hot water might not be as consistent as back home. It's part of the adventure, though!

Note - *It is important to keep in mind that in most developing countries services such as electricity, Wi-Fi, and hot water may be less consistent than in your home country.*

Arrival

Local Program coordinator will provide an Orientation and Briefing at volunteer house, and which covers area like culture of Nepal Greeting locations, transportations etc. You can also enjoy your volunteering journey by signing the 1-week Language class with cultural introduction (dress, cooking Nepalis food, Sightseeing, local tour etc.) in Kathmandu.

As soon as you have made your travel arrangements, please forward this information to us: • For flights, we require the date, arrival time, airline name, and flight number.

Accommodation Rules

Some of the rules are designed to protect you and other participants:

- No smoking and not drinking alcohol in your accommodations.
- Drugs are forbidden. Consumption or possession of drugs will be reported to authorities, and you will be immediately removed from the program.
- Overnight guests are NOT permitted in host family accommodations.
- To dress appropriately and conduct yourself professionally.
- We expect all our participants to be present and punctual.

Suggested Packing List

- Camera
- Mobile phone (you can use mobile phone after changing sim card)
- Sleeping bag
- Mosquito & ointment repellents
- Insect repellents
- Sunblock • Map of Nepal.
- Toiletries
- First aid kit
- Flashlight
- Electricity adopter/converter
- Sunglasses
- Footwear (for work and travel)
- Towel

You can buy all these goods in Nepal in reasonably good price. So, it is your choice (to bring or not). But I do suggest traveling light.

Agriculture/Farming Program



Nepal is an agricultural country where over 66% of people are directly engaged in agriculture. The agriculture industry of Nepal contributes for more than one third of the country's GDP and employs two-thirds of its workforce. The modern agriculture infrastructure is essential to increasing income, fighting poverty, and raising the Nepalese people's living standards. Take a part in this program and gain hands on experience while helping Nepalese people. You will have an unforgettable memory with a positive change in a community development program.

Highlight

Project Name: Agriculture/ Farming / Gardening

Project Type: Environment, Nature, and Education

Number of Volunteer: 1 to 4

Location: Katmandu, Chitwan and Rural Part of Nepal. Duration: 4 weeks to 40 weeks.

(Short & Long Term) Working Day: Monday to Friday.

Working Hours: 3-5 Hrs. (Morning, Afternoon or Evening).

Activity content - Activities related to nature, culture, Plantation, social welfare,

Community Development teaching & learning

Certificate of Appreciation – After program completed

Why Volunteering in Agriculture?

Volunteers are contributing precious time and skills to restore the fast-depleting forests of Nepal by joining the gardening and agricultural volunteer program. Volunteer will work in a village-based Agricultural Farm in Chitwan i.e., growing trees, vegetables, and various other plants to protect the local environment. Volunteers will be placed with a local family.

Volunteers' main role will be to assist in the Argo Farm, learn new ways of farming, and possibly even impart some of your own knowledge of agriculture to the locals.

Agricultural work in Nepal is taken as a celebration and cultural practice. Nepal celebrates different agriculture-related festivals among which some are Ropai Jatra (the paddy plantation ceremony), and Danai festival (the paddy harvest ceremony). Nature worship and agricultural worship are part of animism which is still among farmers. This is a perfect nature program in Nepal for those who love being in nature.

Main Objectives:

The main objective of this Farming and agricultural program in Nepal is to create awareness among the people for healthy environment. Volunteers will carry out several types of conservation and awareness programs and promote the natural environment. Volunteers' efforts and contributions will create a positive impact on nature and promote environmental programs.

Gardening and agricultural Plays vital role in promoting healthy environment. At the same time, the project has also been providing training to local farmers and people for protecting the environment. Besides this, we have been distributing saplings to the local community to encourage tree plantation.

Volunteers Task

- To collect the seeds, place them in right order, and plant them
- Helping make farms more sustainable and resilient
- Growing vegetables for the orphaned kids and local people
- Cleaning gardening and planting new flowers
- Water the plants and saplings
- Weeding, mulching, and sowing
- Introducing farmers to modern farming techniques
- Developing your communication skills with Local people
- Gaining farming and agribusiness experience
- If possible, volunteer can organize environment projects with school children and even with orphanage kid
- Immersing yourself in Nepali culture and Adventuring around Nepal's amazing landscapes
- A passionate desire to change lives positively. • Volunteers can organize an aware Program related to healthy environment in village.

Program Skill/ Requirements

- Volunteers must be at least 17 years old, should be reliable and show eagerness as well as be able to maintain their motivation.
- Volunteers should also show creativity and initiative while taking part in the agriculture and farming program.
- Most important volunteers need to have confidence in their work and have time and management skills to ensure effective support.
- The basic Nepali language would be more helpful to work with local people. So, we suggest the candidate take language course before joining project.
- Take advantage of Your Experience to ensure to bring a positive change and create possible impact on both side you and project.

Note - *Volunteer must bear a cost for extra cost for environmental program with school children or villagers.*

Host Family

Volunteers will stay with host families. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in the local style. Main types of food will be rice, lentil soup and vegetables.

Children Program



Orphanages in Nepal are the only place for orphaned children to stay and get proper food, care, and education. These orphanages are poorly funded and lack enough staff to take proper care of the children. When you volunteer with our orphanage project in Nepal, you will spend most of your time tutoring children, playing with them, and making sure they feel loved, cared, and well looked after.

Through the attention you provide, the children can believe in themselves and work towards a better future. The children are also very enthusiastic about collaborating with international volunteers. Your invaluable contribution for the betterment of the disadvantaged children will be highly appreciated.

Highlight

Project Type: childcare

Numer of Volunteer: 1 to 4

Location: Kathma

Duration: 4 to 40 weeks (Short & Long Term)

Working Day: Monday to Friday

Working Hours: 4-7 Hrs. (Morning and Evening)

Activity content - Activities related to children, culture, social welfare, education, community, development and learning.

Certificate of Appreciation – After program completed

Aim of the projects

Our dreams and goals for these children are to put them through university, so that they can get a decent job, and even migrate in the future. The orphanage works by the motto "If orphaned children are kept in a homely atmosphere and given love and affection then they will become good citizens of the nation".

Program Requirements

- Volunteers must be at least 17 years old.
- should be dependable and show eagerness as well as be able to maintain their motivation.
- Volunteers should show creativity, an open mind, and a flexible attitude for working in a new & different environment.
- volunteers need to have confidence in their work and have time and management skills to ensure effective support.
- The volunteer should bring energy and enthusiasm to be effective. Participants must be fit and healthy at the time of joining the program.
- Participants should have no criminal convictions and should provide a clean criminal background check report.

Activities

- Helping children to do their homework.
- Helping kitchen to cook and cut the vegetables.
- Cleaning utensils after children go to their school.
- Helping small children to dress up.
- Dropping and bringing children from the school

- Organizing different activities for the children

Note – *Volunteers will be engaged from early 7 am to 10 am and 4 to 8 pm in the afternoon.*

Food and Accommodation:

Volunteer House

You will be picked up at the airport by our airport representative and transferred to the cozy volunteer house. Our volunteer house lies in Kalanki, Kathmandu which has multiple bedrooms, western style toilets and running tap water. You will spend a night in the house, and you will be transferred to your placement the day after. You will also be provided an orientation class about general information about Nepalese cultures, customs, and dress code, about the project and your roles and responsibilities.

Host Family

Volunteers will stay with host families. It is our responsibility to make your stay as pleasant as possible. Volunteers will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

We will be attending during weekend and will do best to provide an unforgettable memory. It is important to keep in mind that in most developing countries services such as electricity, Wi-Fi, and hot water may be less consistent than in your home country.

Content Writing and social media

ICYE Nepal is seeking a Content Writing and Social Media Volunteer / Intern to develop and promote our meaningful volunteering and internship activities. Interested volunteers from across the world can join our program and have a great opportunity for personal and professional growth while also positively changing the life of disadvantaged and underprivileged Nepalese people.

The volunteer or intern in content writing and social media with experience in marketing and/or advertising will support our mission by marketing our range of projects and activities, liaising with advertisers, and establishing and

maintaining connections with other organizations. If you possess a good communication ability and are a web savvy, you are the right fit for this position. Volunteers with experience using Facebook, Twitter, online blogging, marketing, and/or advertising, excellent oral and written communication skills, experience living abroad, attention to detail, and unwavering determination are welcome to apply. Volunteers should also have strong writing abilities and the capacity to produce engaging content.

Highlight

Project Type: social media

Number of Volunteer: 1 to 4

Location: Kathmandu

Duration: 4 to 12 weeks (Short Term)

Working Day: Monday to Friday

Working Hours: 4-7 Hrs. (Morning and Evening)

Activity content - Activities related to tour & travel, culture, social welfare, community development and learning, project visiting, writing **Certificate of Appreciation** – After program completed

Content Writing and Social Media Task:

- Develop, enforce, and control our social media strategy.
- Work on generating text, picture, videos for one of a kind social system as in step with the context.
- Engage with the target audience on all relevant social platforms.
- Manage and oversee social media content material
- Stay updated with the latest social media satisfactory practices and technologies.
- Stay updated with the forefront trying out and automation developments and capitalize through growing social posts around the trend/topic.

Program Skill/ Requirements

- Volunteers must be at least 17 years old, should be reliable and show eagerness as well as be able to maintain their motivation.
- Volunteers should also show creativity and initiative while taking part in this agriculture and farming volunteer program in Nepal.
- Most important volunteers need to have confidence in their work and have time and management skills to ensure effective support.
- Should know how to promote social media and attract volunteer to do different projects in Nepal.
- Knowledge on how to use photoshop, Graphic and SEO
- Take advantage of Your Experience to ensure to bring a positive change and create possible impact on both side you and project.

Food and Accommodation:

Host Family

volunteers will stay with host families. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

Kindergarten or Montessori

The Students in the Montessori School come from nearby village and city and most of them come from families with various financial backgrounds. The aim of the program is to provide English language education through a speaking environment, so the children develop their English communication and writing skills and overall development.

Montessori is a pre-school that offers schooling from Play Group to Kindergarten. The school management team provides financial support to pay for the teachers and other infrastructure. This Montessori is newly established and planned to provide a positive and homely environment to the children. **Note** - Language Class is mandatory.

Highlight

Project Name: Kindergarten/Montessori

Project Type: Children and Education

Number of Volunteer: 1 to 4

Location: Kathmandu, Pokhara, Chitwan and Rural Area

Duration: 4 to 12 weeks (Short term)

Working Day: Sunday to Friday

Working Hours: 9am – 3pm (afternoon)

Activity content - Activities related to culture, social welfare, education, children, and learning.

Certificate of Appreciation – After program completed

Volunteer tasks

The volunteer will work for the overall development of the children, as prescribed by the Montessori school, and co-coordinating with the principal. Volunteers will organize various learning extracurricular activities for the students like health and civic education, games, drawing, painting, sports, quiz contest, awareness raising activities in the community, debate, music class etc.

Other Activities

- Play educative games with kids.
- Develop activities according to the students' needs and prioritizing to the listening and speaking classes.
- Go hiking, do educational tours and other activities so the students can have the real experience in their learning.
- Be a role model. Smoking and drinking are forbidden in front of students.
- Teach extra English language classes for students if they eager to learn either after school or in holidays. if the school is closed.

Above are sample activities where local host expecting the help of volunteers

Volunteer requirements / Skills

- There are no specific skills and qualifications needed to join this project. However, you must be above 18 or equivalent and

should have strong passion to live and work with the rural Nepalese communities.

- Show enthusiasm, the ability to maintain motivation and reliability
- You are also expected to be flexible, open-minded, and humble. You must respect Nepalese people, cultures, and traditions to be a part of this project.
- The basic language course of Nepal should be learning so we require the candidate to take language course before joining project. The candidate should have computer skills.
- Take advantage of Your Experience to ensure to bring a positive change and create possible impact on both side you and project.
- Be interested in working with children

Food and Accommodation:

Host Family

volunteers will stay with host family. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

Healthcare Program - Public & Private Hospital



Are you searching for an opportunity to explore natural and cultural splendors of Nepal while making a difference during your medical internship? Our country's health system is still far below the international standard. Volunteers will learn a lot about the healthcare practices in a developing country. As a volunteer, you will work in a community hospital or health post, shadowing local medical professional.

Join this unique medical mission trip to learn medical practices, while also gaining valuable experience while assisting doctors in Nepal, contact ICYE today to learn more about this unique and affordable opportunity today.

Note - Volunteer must bring a white coat or scrub, without the dress volunteers are not allowed to observe the patients.

Highlight:

Project Type: Healthcare Program

Number of Volunteer: Individual as well as group.

Location: Kathmandu, Chitwan

Duration: 4 weeks to 12 weeks

Working Day: Monday to Friday

Working Hours: 8am – 4pm

Activity content: Activities related to Medical, culture, social welfare, education, and learning

Certificate of Appreciation – After program completed

Program Requirements

- Volunteers must be at least 18 years old
- Volunteers need to have Reference letter as well certificate (if you have) from hospital or College.
- Participants need to have a basic knowledge on healthcare.
- should be reliable and show eagerness as well as motivating to the local people.
- Volunteers should show creativity, an open mind, and a flexible attitude for working in a new & different environment.
- Volunteers need to have confidence and management skills in their work to ensure effective support. in their work.
- Volunteers should bring positive energy and enthusiasm to make a difference while joining the program.
- Participants should have no criminal convictions and should provide a clean criminal background check report.

Volunteer's Task

- To assist local doctors and medical staff with getting medicines/supplies.
- You will be assigned work according to your level of experience.
- Chances to visit and observe or organize patient's condition in every department.
- Volunteer work in the hospital includes treating minor injuries, taking BP& weight, record keeping of patients, a general medical checkup of patients, assisting local doctors, and similar responsibilities.
- You can also choose to work in administration.

Note – *Volunteer will mostly be doing observation due to the potential risks, and medical regulations, volunteers cannot treat patients or involved in surgery during the project.*

Note – Volunteer need to provide Reference Letter, CV and Certificate.



Aim of the Project



The aim of the program is to provide health care services at an affordable cost with quality health services for the local people. At the same time, to produce skilled health professionals by providing them with an opportunity to explore their knowledge and skill. With the help of this aspect, they could contribute to the needy people of society.

Food and Accommodation:

Volunteer House

You will be picked up at the airport by our airport representative and transferred to the volunteer house. Our volunteer house lies in Kalanki, Kathmandu which has multiple bedrooms, western style toilets and running tap water. You will spend a night in the house, and you will be transferred to your placement a day after. You will also be provided an orientation class about general information about Nepalese cultures, customs, and dress code, about the project and your roles and responsibilities.

Host Family

volunteers will stay with host family. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

Data Collection Program



Data Collection Project in Nepal is designed to develop a better understanding of Nepalese rural communities. The project enables volunteers to gain a comprehensive understanding of Nepalese cultures, traditions, and way of life

while experiencing breathtaking natural splendors. Volunteers can observe local festivals & are exposed to diversity because more than 125 caste people live with their own cultural foundation.

Volunteers will learn about the earnings-to-expenditure ratio of Nepalese people. If you are looking for administrative work in an NGO or are interested in conducting research on a specific topic in a developing country like Nepal, this is the project for all background. You will get an awesome opportunity to get immerse with the local communities while collecting data for your research.

It is a great idea to join ICYE Ne pal and immerse yourself to make a difference.

Note - *Language Class is Mandatory.*

PLEASE NOTE: As a volunteer, you are responsible for your daily transportation to and from your project site. Local bus rides are very affordable, and a one-way trip rarely costs more than Rs35(0.26 EUR). Taxis are more expensive, and costs vary based on distance travelled.

Highlight:

Project Name: Data collection

Project Type: Research **Number of Volunteer:** 4 to 8

Location: Kathmandu and Rural Area

Duration: 4 to 12 weeks

Working Day: Monday to Friday

Working Hours: 3-5 Hrs. (Morning and Evening)

Activity content - Activities related to nature, culture, social welfare, education, and learning.

Certificate of Appreciation – After program completed.

Volunteer's Task

You will live and work in rural communities to accomplish your research task. You will first create a questionnaire about your research to collect data from

the locals. You will contact daily with hundreds of Nepalese livings in rural areas. You will try to find out the results of the prepared questionnaire.

You will return to your shelter at the end of the day, input data on the computer, and provide us the copy of your work. The project is led by ICYE-Nepal and data from it provides a cross -section of Nepalese society. Working on this project will give you the following six primary advantages:

- Your personal development
- Your leadership development
- Your cultural development
- Your wisdom development
- Your satisfaction
- Your academics

Skills and Qualifications:

There are no specific skills and qualifications needed to join this project. However, you must be above 18 or equivalent and should have strong passion to live and work with the rural Nepalese communities.

- You are expected to be flexible, open-minded, and humble. You must respect Nepalese people, cultures, and traditions to be a part of this project.
- The basic language course of Nepal should be learning so we require the candidate to take language course before joining project. The candidate should have computer skills.
- Take advantage of Your Experience to ensure to bring a positive change and create possible impact on both side you and project.

Food and Accommodation

Host Family

volunteers will stay with host families. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables. It is important to keep in mind that in most developing countries services such as electricity, Wi-Fi, and hot water may be less consistent than in your home country.

Organic Farming

Nepal is known to be one of the poorest countries in South Asia. Around 66% of individuals in this country still embrace farming as a customary occupation. Organic agriculture combines tradition, innovation, and science to benefit the shared environment and promotes fair relationships and a decent quality of life as well as to reduce poverty. Organic Agriculture is a production system that sustains the health of soil, ecosystems, and people. It relies on ecological processes, biodiversity and cycles adapted to local conditions, rather than the use of inputs with adverse effects.

Its entire effort remains for the pioneering of organic farming, which is essential to keep ecological and environmental balance in nature. During your organic farm volunteer period volunteers can celebrate agriculture related festivals, learn native farming techniques, Nepali food culture, Plough the field using oxen, milking in traditional way, learn about medicinal plants its uses, eat tree ripened fruits picking by your own hand.

International organic farming.

Internships for volunteer farming and sustainable living, working on organic farm volunteers are living together with local host farmer family, learn agricultural practices carried out.

Highlights

Project Type – Environment/Nature

Number of Volunteer – 1 to 4

Location – Kavrepalanchowk & Rural Areas

Duration – 4 to 12 weeks (Short Term)

Working Days - (Monday to Friday)

Working Hours – Morning and Evening

Activity Content – Nature, Culture, hands on Experience, farming, plantation on season.

Certificate of Appreciation – After program completed

We would like to invite school groups, university students, adult and professional who are interested in organic agriculture volunteering to create

and run custom programs for cultural visits, service projects, volunteer works and internship works in our organic farms. Therefore, we request you to apply organic farming volunteer program to donate and contribute your effort in society, let's join our ICYE Nepal in organic agriculture farming project.

Volunteer Task

We are working on a range of different projects, this includes:

- Cleaning areas, plots, and grasses
- Be a helper on an organic farm.
- participate to cultivate and harvest seasonal vegetable, crops
- Pouring water to vegetables and other plants
- Providing grass and water to animals.
- Learning & knowing the local style of farming
- Learn how to innovate as a farm helper in Nepal
- Conducting awareness program to the local people and school children.
- participating in environmental and women empowerment programs.
- welcome to share their experience and learn Nepalese's culture and tradition.
- Hands on program, Creating/ Cooking family meals.

Program Requirements

Volunteers must be at least 17 years old, should be openminded, reliable and show eagerness during the program. You should also show strong motivation, creativity, and a flexible attitude since you will be working in a new & different environment. Most importantly, volunteers need to have confidence in their work and have time management skills to ensure effective support. A basic level of physical fitness is a must. Participants should have no criminal convictions and should provide a clean criminal background check report.

Food and Accommodation:

Host Family

Volunteers will stay with host family. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

Women Empowerment & Culture Program



Nepal is a Landlocked beautiful rousing country in south Asia. Nepal is rich in cultural diversity, multilingualism, and ethnic diversity. Local people appreciate and adhere to their own culture, traditions, and customs, which vary from one to another part in Nepal. If you are interested being as a part of volunteer in women's empowerment program to gain and learn differences of Nepalese culture no matter how small your steps might appear, you will have an incredible journey, values, opportunity for immersing yourself ahead by participating.

Highlights

Project Type – Women, children & ecosystem

Number of Volunteer – 1 to 4

Location – Kathmandu, Chitwan and Rural Areas

Duration – 4 to 12 Week (Short term)

Working Days - (Monday to Friday)

Working Hours – Morning and Evening

Activities Content – Nature, Culture, ecosystem, Animal husbandry, hands on Experience, Education, Plantation with local people.

Certificate of Appreciation – After program completed

Program Requirements

- There are no specific skills and qualifications needed to join this project. However, you must be above 18 or equivalent and should have a strong passion to live and work with the rural Nepalese communities.
- You are also expected to be flexible, open-minded, and humble. You must respect Nepalese people, cultures, and traditions to be a part of this project.
- demonstrate eagerness as well as the ability to motivate locals and women.
- Reap the benefits of your experience to ensure that you make a positive difference and have a positive impact on both you and the project.

Volunteer Task and Responsibility

- Teaching English Languages to adult women.
- Women's health and maternity education.
- Work with women in their farm & House.
- Participate in and initiate awareness raising activities in various issues.
- Teach and promote women's rights.
- Discuss women's health issues.
- Help explore possible market for women's products.
- You can teach skills, new ideas and interests and the needs of the local community.
- collaborate with ongoing projects or help with small businesses.

Note – Teaching hours are from 2pm to 4pm. It may vary according to the schedule.

Volunteers are responsible for outdoor expenses.

Note – *Language Class is Required.*

Food and Accommodation:

Host Family

Volunteers will stay with host family. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

Tribhuvan University Central Library



Tribhuvan University Central Library, which opened in 1959, is Nepal's best and largest modern library. In 1969, the British Book Department Council rated it as one of the best libraries in Asia. The library is also regarded as the largest one in the entire Asia-Pacific region. According to TUCL, it comprises about 400,000 resources, including books and periodicals from the 12th century and rare collections like the Bibliotheca Himalayica.

About 1500 general readers visit the library. Amongst them, 1000 are students from Tribhuvan University. Students conducting research or writing books or those preparing for public service and government service exams are core

readers. Citizens of any nation can become members of the library, for which it charges a very small amount. Of money.

Unfortunately, the devastating earthquake that struck in 2014 in Nepal severely damaged the library along with taking over 8000 Nepalese lives. The library management committee is doing its best to reshape and rearrange the library accordingly. However, the achievement is still small and needs the support of volunteers from around the world. After joining this project, you will help rearrange the books in the library accordingly.

Highlights

Project Type – Educational **No. of Volunteer** – 1 to 4

Duration – 4 to 12 weeks (Short Term)

Location – Kritipur

Working Days – Monday to Friday

Working Hours – 10 am to 3 pm

Activities context – Arranging books, recording files, Assisting local staff

Certificate of Appreciation – After program completed

Skills and Qualifications:

No specific skills, qualifications, or experience are required to join this volunteer opportunity in Nepal. All you need to have been a strong willingness to work to rearrange the books in the library. You should also be open-minded, excited to learn about new cultures, adaptive to new circumstances, easily adjustable, and English-speaking. When attending the assignments, you must respect Nepalese culture and traditions and dress appropriately. Please be reminded that kissing and hugging in public places in Nepal are considered vulgar.

Roles and Responsibilities of the volunteers:

Volunteers will carry out a variety of tasks upon joining this project. Some of your major roles and responsibilities are mentioned below:

- Arrange the book accordingly.
- Give me the book and arrange in row.

- Check the book available.
- Maintain cleanliness and Silence of the Area.
- Observe the project and communicate with the personnel for the other effective activity which is very needed and good to perform.
- Assisting local staff in the library.

Food and Accommodation:

Host Family

Volunteers will stay with host family. You will be sharing rooms with international volunteers of the same gender participating in the same program. Two meals a day (lunch and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

Community context:

Kirtipur, an ancient city of Nepal, is located 5 km south-west of Kathmandu. Kirtipur is one of the famous religious places to visit in the Kathmandu Valley. You get to experience unique and fascinating Newari customs and culture during your stay.

The city is surrounded by several antique villages, historical temples, Gumbas, and churches. Due to the presence of Tribhuvan University, it is also a popular area for out-of-town students and professors to rent houses. As a result, the students and professors from outside are major contributors to the local economy of Kirtipur City.

Teaching English to Monks in Nepal

Nepal is a beautiful multi-cultural, multi-language and multi-religion country. It is the birthplace of the Lord Gautam Buddha, and the Buddhism is second most followed by the Nepalese. This is the reason there are several spectacular Buddhist Monasteries in distinct parts of Nepal. These Monasteries are home to hundreds of Buddhist monks who study and reside there.

If you are interested in learning meditation, Buddhist culture while also sharing your English skills to them, then teaching to Buddhist monks is an excellent opportunity for you. As a volunteer, you will work in the monastery

where you will teach to the monks. During the teaching, you will be encouraged to converse with monks to improve their speech.



Highlights

Project Name: Teaching English to monks

Number of Volunteer: 1 to 4

Location: Kathmandu, and other part of Nepal.

Duration: 4 to 40 weeks

Working Days: Monday to Friday

Activities Content – Education, Community Development, Culture

Certificate of Appreciation – After program completed

Aim of the Project

The goal of this project is to teach to Buddhist Monks in Nepal and assist them in becoming creative open minded, able to learn international language, fluency in speaking (in an English language) and can learn new things. As a result, the young monks will be able to communicate in English, both verbally and in writing, can be able to discover new things and they can share their faith

with people all over the world. Volunteers for this teaching project in Nepal will have the unique opportunity to immerse themselves in Buddhist tradition and spirituality while sharing their passion for and understanding.

Qualification or skills

You do not require to have any specific knowledge or qualifications; however, you must be able to communicate effectively to the monk's children. You will be working in a religious setting that is likely to be very different from your own, you must be culturally sensitive. Monks may participate in various religious activities at different times of the year, the format of your volunteer program may change. We request you to be flexible to accommodate changing situation.

Volunteers Requirement:

- Volunteers must be at least 18 years old.
- Participant should not have any types of criminal convictions and should provide a clean criminal background and check report.
- Volunteers should have positive energy, confidence and able to motivate children and soft to the children.
- Volunteers should be open-minded and have a good attitude for working with children.
- Should be able to make a schedule for teach monks.

Volunteers Tasks

Volunteering as a teacher to children in a Buddhist monastery is a deeply rewarding and unforgettable opportunity to give back. This project requires the volunteers to be respectful to the monks and abide by the rules at the monastery. As a volunteer, you will also witness and participate in traditional Buddhist rituals while organizing games, paintings, drawings, and other creative activities for the young monks. You will get the chance to learn and immerse yourself in Buddhist culture.

Other Activities:

- ✦ Make educational activities with the monks, where they can practice according to their own language level and encourage those to speak English more openly.
- ✦ Be a role model to the monks. (It is forbidden to smoke or drink in front of the Students).
- ✦ Develop activities that fit the monk's needs. Prioritizing listening, reading, and Speaking classes.
- ✦ Helping students to improve their Basic English and conversational skills.
- ✦ Supporting recreational and artistic activities focused on educational learning.
- ✦ Organizing and developing activities that encourage learning.
- ✦ Converse about the culture back home and ask about their childhood and life as a monk.
- ✦ Assist with administration.

Food and Accommodation:

Monastery

It depends upon the location; volunteers will be placed inside the monastery. Volunteers must strictly follow the rules of the monastery during your stay in the monastery. Basic nepali Food will be provided to volunteer lunch, snack, and Dinner. Volunteers will share a room with another international volunteer participating in the same program.

Teaching English in Private and Government School



English is an international language and good knowledge of this language makes children compete in international level for lucrative job opportunities. The public private school and government schools are often underfunded and lack experienced teachers, making it difficult to learn the precious English language for the poor children.

Our aim is to improve educational facilities, facilitate adult training programs, or create lesson plans and other resources to support our educational work with children and adults. Over school holiday and exam times, participants on teaching programs might assist with running holiday programs for local students or contribute to the other projects listed above.

Your support and dedication will encourage the students to speak English and find their feet in this competitive world in future. Besides, you will also get to experience lovely Nepalese daily life while building your as well as needy children's career.

Highlight

Project Name: Teaching English

Project Type: Education, Children

Number of Volunteer: 1 to 4

Location: Chitwan, Kathmandu, Pokhara, & rural areas

Duration: 4 to 40 Weeks (Short and Long Term)

Working Day: Monday to Friday

Working Hours: 3-5 Hrs. (Morning, to Evening)

Activity content - Activities related to teaching English (Spanish, Mandarin) Community awareness & learning program.

Certificate of Appreciation – After program completed

Skills and Qualifications

There are no specific qualifications needed. Volunteers should have good English-speaking abilities and lots of enthusiasm to work with children.

- Above 18 years old
- endowed with good character and ability to adapt
- Good will, Hardworking passionate and desire to learn
- expected to be patient, open-minded and respectful
- Show enthusiasm, ability to maintain motivation and reliability.
- Show creativity and initiative when planning and taking part of the project's activities.
- Have confidence in their knowledge of the subject they will be teaching.
- Have great management skills to ensure an effective support.
- support and love for poor communities

Volunteer tasks

The volunteer will be teaching English, as prescribed by the school, and co-ordinating with local English teacher. As a volunteer you will work directly with children and inspire them to reach their full potential through creative self-expression, allowing them to begin to connect and see the world in new ways. Volunteers will organize various learning extracurricular activities through students for example, health and civic education, games, drawing, painting, sports activities, quiz contest, awareness raising activities in the community through students, debate, music class etc.

Other Activities:

- Play educational games with kids:
- Develop activities according to the student's needs, prioritizing listening, Reading, and speaking classes.
- Go hiking; go on an educational tour, and other activities. So that students can have an authentic experience in their learning.
- Be a role model.
- Teach extra English language classes for students if they eager to learn either after school or in holidays. (For example, if the school is closed).
- Can teach Mandarin and Spanish if you are from Mandarin and Spanish Background few classes in a week.

Note: *Volunteers should pay for outdoor activities:*

Above are sample activities where local hosts expecting the help of volunteers.

PLEASE NOTE: *As a volunteer, you are responsible for your, Day Snack, Bottled water and daily transportation to and from your project site. Local bus rides are very affordable, and a one-way trip rarely costs more than Rs35(0.26 EUR). Taxis are more expensive, and costs vary based on distance travelled. Food also you can get in an affordable price which cost less than a euro.*

Food and Accommodation:

Volunteer House

You will be picked up at the airport by our airport representative and transferred to the volunteer house. Our volunteer house lies in Kalanki, Kathmandu which has multiple bedrooms, western style toilets and running tap water. You will spend a night in the house, and you will be transferred to your placement a day after. You will also be provided an orientation class about general information about Nepalese cultures, customs, and dress code, about the project and your roles and responsibilities.

Host Family

volunteers will stay with host family. You will be sharing rooms with international volunteers of the same gender participating in the same program. Three meals a day (lunch, snack, and dinner) will be provided during your stay. The food is prepared in local style. Main types of food will be rice, lentil soup and vegetables.

Note – It is important to keep in mind that in most developing countries services such as electricity, Wi-Fi, and hot water may be less consistent than in your home country.

