

Banepa International work camp 2017/18



Camp code	Date	Location	Types of work	Remarks
FFN-07	01-14- 6-2017	Banepa	Plantation/fire line	BNP-03
FFN-09	01-14- 7-2017	Banepa	plantation	BNP-04
FFN-12	01-14- 8-2017	Banepa	Women empowerment	BNP-05
FFN-16	01-14- 9-2017	Banepa	Women empowerment	BNP-06

Providing help in many different aspects of life, in a Nepalese community.

Host Organization	Friendship Foundation Nepal (FFN)
Contact Information	<p>Sudarshan Paudel (Program coordinator) Phone: +977-9841-2782-16 Mail: nifcnepal@gmail.com</p> <p>Friendship Foundation Nepal (FFN) Post Box no. 11276 Tokha 10, Prayasnagar, Kathmandu, Nepal Tel: +977-1- 4362426 Office hours: 11:00 AM to 4:00 PM Monday to Friday</p> <p>www.theffn.org</p>
Project location	Banepa is located in the Kavre district at 1800 m altitude, about 30km east from Kathmandu.
Dates and capacity of the project	This workcamp hosts up to 20 international volunteers for 2 weeks.

**Background Information
about the project and
work**

Our activities take place around Banepa, a town just an hour bus ride away from Kathmandu. Our volunteers live all together in a camp house, which is located in the hills, close to the town. Nature is all around and the air here is far better than in the buzzing capital. Still Banepa offers amenities like restaurants with Wifi, pharmacies, grocery stores and to top it all off, a beautiful old town.

From here, field trips to a variety of places are possible. For example, ancient Hindu temples, various trekking opportunities and all the sights of the Kathmandu valley are not far away.

What we do:

This work camp tries to have a social impact, while giving a valuable life lesson to the volunteers. There are many different fields of activity.

Community house: A little hike from the camp house further up the hill brings us to the construction site of a multi-purpose community house. Here, the local villagers will be able to gather and hold meetings and ceremonies. The house will also serve as emergency accommodation. The upper floor will be home to new lodging for volunteers, to a local youth club and to a public medical examination room, where locals will be able consult a health professional for their medical issues on a regular basis.

Infrastructure projects: We already built a firewall through the forest near the camp house that is also used by locals from more remote locations to get to Banepa. Volunteer will also work on building a water runoff for this firewall, needed to manage large quantities of water during monsoon season.

Education: We are planning to write and perform plays that raise local people's awareness on environmental issues, hygiene and emergency behavior during the earthquake. Furthermore, we are working in a local school. We enhance the infrastructure there.

What we expect:

The community house project is in urgent need of donations to address shortages in building materials. Any and all help is appreciated.

We emphasize respect both amongst the volunteers as well as towards local people. Furthermore, our lifestyle can be an example for many locals. Therefore, smoking and drinking are prohibited in front of the youth. And generally speaking, nothing more than personal motivation

	and open mindedness will be needed from the volunteer to get an insight into this rich and welcoming culture.
Accommodation	Simple accommodation in a camp house. Volunteers will have three traditional meals a day, mostly the Nepalese national dish <i>Dhal Bhat</i> and take part in the cooking process and all chores. It is also possible to bring own food. A camping pad and sleeping bag are required. Showers with cold water are available in your place.
Meeting condition	<p>The first meeting will be arranged at the airport where the volunteer will be received by the local staff. We are going to pick up the volunteers for free according to their arrival dates. We work together with Hotel Encounter Nepal, in Thamel, Kathmandu. The room is available from about 10€ per night. From Kathmandu we will arrange a bus to the project side.</p> <p>Note : Arriving date, time and flight number should be given to us at least one week before your arrival, because we have to manage the hotel and transportation</p>
What to Bring	Souvenirs for the children from your home countries, seasonal clothing, a sleeping bag, working gloves, trekking shoes, a mosquito net, mosquito repellant, music, reading material, photographs of your home country.
Qualifications needed	Beyond at least basic English skills and your best motivation, there are no special qualifications needed
Personal Benefits	<ul style="list-style-type: none"> • Work with children, women and local community people. • Develop construction, presentation, communication and many other skills.
Fee	<p>200 Euro for 2 weeks to be paid upon arrival.</p> <p>Including:</p> <ul style="list-style-type: none"> • Transportation to the work camp by bus • Board and lodge with an inside view into the life of real Nepalese people
Not including	Health insurance, beer, coca cola, snacks, mineral water and emergency medicine etc.
Minimum Age	18+

Special notes	Nepalese people are very sensitive, so you are not allowed to have sex in our work camp. No drugs or marijuana either. Otherwise you will be asked to leave the camp without excuse. Try to be respectful to each other.
Awards	We will give the volunteers a participation certificate.
Leisure activities	<p>Volunteers have to organize their leisure activities upon their interests in cooperation with the camp leaders.</p> <p>There are many ways to explore the surrounding area during your free days. You can visit the temples in Panauti city that is listed as one of the World Cultural Heritage Sites by UNESCO. Or visit Bhaktapur, Dhulikhel and many other surrounding places. Another opportunity is to take a two day trekking trip to Namobuddha or Nagarkot. It will approximately cost around 50 Euro including food and lodge.</p>

Chitwan International work camp 2017/18



Camp code	Date	Location	Types of work	Remarks
FFN-11	16-30-7-2017	Chitwan	Eco camp	CHT-03
FFN-15	16-30-8-2017	Chitwan	Agro camp	CHT-04
FFN-19	16-30-9-2017	Chitwan	Agro camp	CHT-05

Help the environment, while supporting the local community.

Host Organization	(FFN) Friendship Foundation Nepal
Contact Information	<p>Sudarshan Paudel (Program coordinator)</p> <p>Phone: +977-9841-2782-16</p>

	<p>Mail: nifcnepal@gmail.com</p> <p>Friendship Foundation Nepal (FFN) Post Box no. 11276</p> <p>Tokha 10, Prayasnagar, Kathmandu, Nepal Tel: +977-1- 4362426 Office hours: 11:00 AM to 4:00 PM Monday to Friday</p> <p>www.theffn.org</p>
Project location	Champanager, a village situated on the borders of Chitwan National Park.
Dates of the project	
Background Information about the project and work	<p>The Chitwan National Park is one of the major tourist attractions in Nepal. You can spot wildlife and enjoy the nature there. Away from the tourist center, Sourha, a lot of local villages share a border with the national park. In one of them we try to establish a farm on several hectares of land.</p> <p>In cooperation with an experienced team and local villagers, volunteers will cultivate many different plants on a big farmland.</p> <p>The land also contains a fish farm and is planned to be run in a way that provides organic products.</p> <p>Afterwards we sell the production and gain profit. The profit is meant to help the local community with their everyday challenges. Houses could</p>

	<p>be repaired, schools improved and emergency funds established. In addition to that, an important part of this project will be the interaction between the international volunteers and the villagers. Volunteers can come up with creative ideas to gain environmental awareness among the locals. They can play sports with the local schoolchildren and teach them about their homes. Vice versa the local community will be pleased to give the volunteers an insight view into the Nepalese culture.</p>
Accommodation	<p>Simple accommodation in a camp house or with a local family. Volunteers will have three traditional meals a day, mostly the Nepalese national dish <i>Dhal Bhat</i> and take part in the cooking process and all chores. It is also possible to bring own food. A camping pad and sleeping bag are required. Showers with cold water are available in your place.</p>
Meeting condition	<p>The first meeting will be arranged at the airport where the volunteer will be received by the local staff. We are going to pick up the volunteers for free according to their arrival dates. We work together with Hotel Encounter Nepal, in Thamel, Kathmandu. The room is available from about 10€ per night. From Kathmandu we will arrange a bus to the project side.</p> <p>Note : Arriving date, time and flight number should be given to us at least one week before your arrival, because we have to manage the hotel and transportation</p>
What to Bring	<p>Souvenirs for the children from your home countries, seasonal clothing, a sleeping bag, working gloves, trekking shoes, a mosquito net, mosquito repellent, music, reading material, photographs of your home country.</p>
Qualifications needed	<p>Beyond at least basic English skills and your best motivation, there are no special qualifications needed.</p>
Personal Benefits	<ul style="list-style-type: none"> • Work with children, women and local community people • Develop construction, presentation, communication and many other skills.

Number of volunteers	Up to 20.
Fee	200 Euro for 2 weeks to be paid upon arrival. including: <ul style="list-style-type: none"> • Transportation to the workcamp with a local or tourist bus • Board and lodge with an inside view into the life of real Nepalese people
Not including	Health insurance, beer, coca cola, snacks, mineral water and emergency medicine etc.
Minimum Age	18+
Special notes	Nepalese people are very sensitive, so you are not allowed to have sex in our workcamp. No drugs or marijuana either. Otherwise you will be asked to leave the camp without excuse. Try to be respectful to each other.
Awards	We will give the volunteers a participation certificate.

Daman International work camp 2017/18



Camp code	Date	Location	Types of work	Remarks
FFN-08	05-19-6-2017	Daman	Physical/construction	DMN-03
FFN-10	05-19-7-2017	Daman	Physical/construction	DMN-04
FFN-13	05-19-8-2017	Daman	Physical/construction	DMN-05
FFN-17	05-19-9-2017	Daman	Physical/construction	DMN-06

Education matters, therefore this project tries to improve a high school in Daman.

Host Organization	(FFN) Friendship Foundation Nepal
Contact Information	<p>Sudarshan Paudel (Program coordinator) Phone: +977-9841-2782-16 Mail: nifcnepal@gmail.com</p> <p>Friendship Foundation Nepal (FFN) Post Box no. 11276 Tokha 10, Prayasnagar, Kathmandu, Nepal Tel: +977-1- 4362426 Office hours: 11:00 AM to 4:00 PM Monday to Friday</p> <p>www.theffn.org</p>
Project location	Daman is a small village situated at an altitude of 2,320 meters, 100 km southwest of Kathmandu.
Dates and capacity of the project	This workcamp can host up to 15 volunteers.
Background Information about the project and work	<p>The Daman project is one of our newest projects and we have only been operating here since 2012. Daman is quite isolated and most people are farmers, living a traditional life, as they have done for generations. However, times are changing and the community has a severe lack of funds to keep up with the rapid changes that Nepal is undergoing.</p> <p>Knowledge of other cultures and the ability to speak English are vital skills for young Nepalese people. Many look forward to a future in the tourism business, and therefore the ability to communicate effectively with foreigners will increase their chances of having a better life once they leave the village.</p> <p>We also believe that our volunteers benefit a lot from staying in Daman. Living in a completely different culture with local hosts and adjusting to their conditions is an unforgettable experience. Teaching locals to think in new and different ways is their benefit, learning from their unique</p>

	<p>way of life is yours.</p> <p>Our main aim is therefore to make life easier and more enjoyable particularly for the youth in Daman by giving them better prospects for the future through improving the facilities and the teaching at the local high school, where volunteers will mainly built up sport facilities.</p> <p>Moreover, volunteers will help with the construction of a community house. It is meant to provide space for events, like marriages and community meetings. But the space can be used in a variety of ways.</p>
Accommodation	<p>Simple accommodation in a local family. This is great way to gain an insight view into the Nepalese culture and enjoy the friendliness of the people here. Volunteers will have three traditional meals a day, mostly the Nepalese national dish <i>Dhal Bhat</i> and take part in the cooking process and all chores. It is also possible to bring own food. A camping pad and sleeping bag are required. Showers with cold water are available in your place.</p>
Meeting condition	<p>The first meeting will be arranged at the airport where the volunteer will be received by the local staff. We are going to pick up the volunteers for free according to their arrival dates. We work together with Hotel Encounter Nepal, in Thamel, Kathmandu. The room is available from about 10€ per night. From Kathmandu we will arrange a bus to the project side.</p> <p>Note : Arriving date, time and flight number should be given to us at least one week before your arrival, because we have to manage the hotel and transportation</p>
What to Bring	<p>Souvenirs for the children from your home countries, seasonal clothing, a sleeping bag, working gloves, trekking shoes, a mosquito net, mosquito repellant, music, reading material, photographs of your home country.</p>
Qualifications needed	<p>Beyond at least basic English skills and your best motivation, there are no special qualifications needed.</p>
Personal Benefits	<ul style="list-style-type: none"> - Work with children, women and local community people. - Develop construction, presentation, communication and many other skills.
Fee	<p>200 Euro for 2 weeks to be paid upon arrival.</p> <p>including:</p> <ul style="list-style-type: none"> • Transportation to the work camp and back to ktm

	<ul style="list-style-type: none"> Board and lodge with an inside view into the life of real Nepalese people
Not including	Health insurance, beer, coca cola, snacks, mineral water and emergency medicine etc.
Minimum Age	18+
Special notes	Nepalese people are very sensitive, so you are not allowed to have sex in our workcamp. No drugs or marijuana either. Otherwise you will be asked to leave the camp without excuse. Try to be respectful to each other.
Awards	We will give the volunteers a participation certificate.
Leisure activities	Volunteers have to organize leisure activities upon their interests in cooperation with the camp leaders. Daman offers beautiful nature, inviting you to take a hike for spectacular views.

Lamjung International work camp 2017/18



Camp code	Date	Location	Types of work	Remarks
FFN-20	16-30-9-2017	Lamjung	Making playground	LAM-01

Physical and educational work in a beautiful hill village

Host Organization	(FFN) Friendship Foundation Nepal
Contact Information	<p>Sudarshan Paudel (Program coordinator) Phone: +977-9841-2782-16 Mail: nifcnepal@gmail.com</p> <p>Friendship Foundation Nepal (FFN)</p>

	<p>Post Box no. 11276 Tokha 10, Prayasnagar, Kathmandu, Nepal Tel: +977-1- 4362426 Office hours: 11:00 AM to 4:00 PM Monday to Friday</p> <p>www.theffn.org</p>
Project location	<p>Siru Bari in the Lamjung district about 200 km west of the capital, Kathmandu. It is small village embedded in beautiful hills.</p>
Dates and capacity of the project	<p>This camp can host up to 15 international volunteers.</p>
Background Information about the project and work	<p>During the monsoon, when the ground is soft, the school is often affected by land- and mudslides and by domestic cattle entering the area around the school. We therefore have two tasks:</p> <ol style="list-style-type: none"> 1. To build a fence around the school to protect against these issues. 2. To dig out and to construct a playing field for the children and an area for the community to hold gatherings. <p>It rains in July and August but only for a couple of hours a day. During this we don't work outside. But to maximize our effort, we do educational activities when the rain prevents us from doing outdoor work. Our volunteers can therefore teach English, Math, Sports and/or Music at the local school.</p> <p>We also encourage you to interact with the kids and to organize a cultural exchange program.</p>
Accommodation	<p>The volunteers will stay with a local family. Each family can host up to three volunteers. You will experience their huge hospitality, friendliness and generosity and it is easily noticeable that they truly enjoy having people staying with them. They are proud of their culture and this will give you a good insight into Nepali life. Please bring your own sleeping bag and mattress. A (cold) shower will be available at the camp house, but not to the standard of your respective country. You will be served <i>Dhal Bhat</i> (a soup of lentil or beans with boiled rice) and <i>Tarkari</i> (cooked vegetables) by your host family. All vegetables are grown by themselves. This is the staple diet of the Nepalese and most Nepalese people eat it every day. We all take part in the daily routines,</p>

	so the volunteers will help to prepare meals in turn.
Meeting condition	<p>The first meeting will be arranged at the airport where the volunteer will be received by the local staff. We are going to pick up the volunteers for free according to their arrival dates. We work together with Hotel Encounter Nepal, in Thamel, Kathmandu. The room is available from about 10€ per night. From Kathmandu we will arrange a bus to the project side.</p> <p>Note : Arriving date, time and flight number should be given to us at least one week before your arrival, because we have to manage the hotel and transportation</p>
What to Bring	Souvenirs for the children from your home countries, seasonal clothing, a sleeping bag, working gloves, trekking shoes, a mosquito net, mosquito repellent, music, reading material, photographs of your home country.
Qualifications needed	Beyond at least basic English skills and your best motivation, there are no special qualifications needed.
Personal Benefits	<ul style="list-style-type: none"> • Work with children, women and local community people • Develop construction, presentation, communication and many other skills.
Fee	<p>200 EUR to be paid during the orientation day in Kathmandu.</p> <p>Including:</p> <ul style="list-style-type: none"> • Transportation to the workcamp by local bus • Board and lodge with an inside view into the life of real Nepalese people
Not including	Health insurance, beer, coca cola, snacks, mineral water and emergency medicine etc.
Minimum Age	18+
Special notes	Nepalese people are very sensitive, so you are not allowed to have sex in our work camp. No drugs or marijuana either. Otherwise you will be asked to leave the camp without excuse. Try to be respectful to each other.
Awards	We will give the volunteers a participation certificate.
Leisure activities	Saturday is your day off work and we encourage you to explore the

	<p>local area on this day. We highly recommend a walk to village, Bharte, on the top of the mountain. Here you can see the great views of the valley and the whole Annapurna mountain range while getting some exercise.</p> <p>Once you finish your stay, you'll have the opportunity to explore some of the wonders of Nepal. We suggest:</p> <p>Jungle Safari in Chitwan National Park (about 120km from Siru Bari. You can get direct bus from Bhote Odar)</p> <p>Trekking in Annapurna Region. The trek starts from Besisahar and can be reached in 30 minutes from Bhote Odar.</p> <p>The FFN will help you arrange all the different activities.</p>
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Lumbini International work camp 2017/18



Camp code	Date	Location	Types of work	Remarks
FFN-14	05-19-8-2017	Lumbini	World peace	LUM-01
FFN-18	10-25-9-2017	Lumbini	Educational	LUM-02

Construction and educational activities at a higher secondary school

Host Organization	(FFN) Friendship Foundation Nepal
Contact Information	<p>Sudarshan Paudel (Program coordinator) Phone: +977-9841-2782-16 Mail: nifcnepal@gmail.com</p> <p>Friendship Foundation Nepal (FFN) Post Box no. 11276 Tokha 10, Prayasnagar, Kathmandu, Nepal Tel: +977-1- 4362426 Office hours: 11:00 AM to 4:00 PM Monday to Friday</p> <p>www.theffn.org</p>

Project location	Punarbass, a village, 200 km south-west of Kathmandu, not far from the Indian border in the flatlands of the Terai. 50 km east from Lumbini, the birthplace of Buddha.
Dates and duration of the project	This workcamp hosts international volunteers for 2 weeks.
Background Information about the project and work	<p>The project takes place at the <i>Shree Balmiki Higher Secondary School</i>. This school has 18 teachers and 750 students. The focus of our work is on the renovation of class rooms. Furthermore, educational activities based on the individual skills of each volunteer are possible. Such activities could include teaching a subject, like English or Sports to the students or</p> <p>sharing information about environmental awareness to the villagers. The local school and the villagers are the main benefactors of this project. In their leisure time volunteers can do field trips, for example they can go to Lumbini.</p>
Accommodation	Simple accommodation in a local family. Volunteers will have three traditional meals a day, mostly the Nepalese national dish <i>Dhal Bhat</i> and take part in the cooking process and all chores. It is also possible to bring own food. A camping pad and sleeping bag are required. Showers with cold water are available in your place.
Meeting condition	<p>The first meeting will be arranged at the airport where the volunteer will be received by the local staff. We are going to pick up the volunteers for free according to their arrival dates. We work together with Hotel Encounter Nepal, in Thamel, Kathmandu. The room is available from about 10€ per night. From Kathmandu we will arrange a bus to the project side.</p> <p>Note : Arriving date, time and flight number should be given to us at least one week before your arrival, because we have to manage the hotel and transportation</p>
What to Bring	Souvenirs for the children from your home countries, seasonal clothing, a sleeping bag, working gloves, trekking shoes, a mosquito net, mosquito repellent, music, reading material, photographs of your home country.

Qualifications needed	Beyond at least basic English skills and your best motivation, there are no special qualifications needed.
Personal Benefits	<ul style="list-style-type: none"> • Work with children, women and local community people • Develop construction, presentation, communication and many other skills.
Fee	<p>200 Euro for 2 weeks to be paid upon arrival in Kathmandu.</p> <p>Including:</p> <ul style="list-style-type: none"> • Transportation to the workcamp by bus • Board and lodge with an inside view into the life of real Nepalese people
Not including	Health insurance, beer, coca cola, snacks, mineral water and emergency medicine etc.
Minimum Age	18+
Special notes	Nepalese people are very sensitive, so you are not allowed to have sex in our work camp. No drugs or marijuana either. Otherwise you will be asked to leave the camp without excuse. Try to be respectful to each other.
Awards	We will give the volunteers a participation certificate.