



Empowering Marginalized Communities

स्वयंसेवी अभियान नेपाल
Volunteers Initiative Nepal



VIN Work camp Projects List 2019/20



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Volunteers Initiative Nepal**VIN Work camp List 2019/20**

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-08</u>	Art & crafts with Children	Tarakeshwor / Okharpauwa / Kathmandu	06 - 18 June 2019	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC19-09</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	19 - 30 June 2019	MANU	16	8	8	18+
<u>VINWC19-10</u>	Sports for Children	Tarakeshwor / Kathmandu / Okharpauwa	8 -19 July 2019	KIDS, EDU, SPOR	12	6	6	18+
<u>VINWC19-11</u>	Children's summer camp	Okhaldhunga	8 – 20 July 2019	EDU, SPOR, CULT	12	6	6	18+
<u>VINWC19-12</u>	Art & crafts with children	Tarakeshwor / Kathmandu / Okharpauwa	18 – 29 July 2019	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC19-13</u>	Library Camp	Okhaldhunga	18 – 30 July 2019	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC19 - 14</u>	Health, hygiene & sanitation education	Okhaldhunga	13 – 24 July 2019	HEL, EDU	14	7	7	18+
<u>VINWC19 - 15</u>	Sports for children	Okhaldhunga	28 July – 10 Aug 2019	KIDS, EDU, SPOR	12	6	6	18+
<u>VINWC19-16</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	5 – 16 Aug 2019	MANU	18	9	9	18+
<u>VINWC19 – 17</u>	School Development & Education	Okhaldhunga	9 – 21 Aug 2019	KIDS, CULT	18	9	9	18+
<u>VINWC19-18</u>	Working with Deaf children	Sindhuli	12 – 24 Aug 2019	KIDS, EDU, MANU	12	6	6	18+
<u>VINWC19-19</u>	Library Camp	Tarakeshwor / Kathmandu / Okharpauwa	18 – 30 Aug 2019	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC19- 20</u>	Art & crafts with Children	Tarakeshwor / Kathmandu / Okharpauwa	4 – 16 Sept 2019	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC19- 21</u>	World Heritage Volunteers	Kathmandu	18 – 30 Sept 2019	HERI, MANU, EDU	16	8	8	18+
<u>VINWC20-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa / Kavresthali	20 -31 Jan 2020	KIDS, EDU, SPOR & CULT	16	8	8	18+

PROJECT DETAILS

Project 1: Library Camp- (EDU, SOCI, KIDS, MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-13</u>	Library Camp	Tarakeshwor / Okharpauwa Kathmandu	18 – 30 Jul 2019	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC19-19</u>	Library Camp	Tarakeshwor / Okharpauwa Kathmandu	18 – 30 Aug 2019	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.

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 2: House Rebuilding Support – (MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-09</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	19 - 30 June 2018	MANU	16	8	8	18+
<u>VINWC19-16</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	5 – 16 Aug 2019	MANU	16	8	8	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: Tarakeshwar : Tarakeshwar 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 3: Art & crafts with Children (ARTS, KIDS, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-08</u>	Art & crafts with Children	Tarakeshwor / Okharpauwa / Kathmandu	06 - 18 June 2019	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC19-12</u>	Art & crafts with Children	Tarakeshwor / Okharpauwa / Kathmandu	18 – 29 July 2019	ARTS, KIDS, EDU	12	6	6	18+
<u>VINWC19-20</u>	Art & crafts with Children	Tarakeshwor / Okharpauwa / Kathmandu	04 – 16 Sept 2019	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 allows 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 4: Sports for Children (KIDS, EDU, SPOR)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-10</u>	Sports for Children	Tarkeshwor / Kathmandu / Okharpauwa	08 – 19 July 2019	KIDS, EDU,SPOR	12	6	6	18+
<u>VINWC19-15</u>	Sports for Children	Tarkeshwor / Kathmandu / Okharpauwa	28 Jul – 10 Aug 2019	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 5: Children's summer camp (EDU, SPOR, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-11</u>	Children's summer camp	Okhaldhunga	08 – 20 July 2019	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 6: Health, hygiene & sanitation education (HEL, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-14</u>	Health, hygiene & sanitation education	Okhaldhunga	13 – 24 July 2019	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 7: School Development & Education (KIDS, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-17</u>	School Development & Education	Okhaldhunga	09 – 21 Aug 2019	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 : 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 from the sending organization)

Project 8: Working with deaf children (KIDS, EDU, MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-18</u>	Working with deaf children	Sindhuli	12 – 24 Aug 2019	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 : Tribhuwan 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 9: World Heritage Volunteers (HERI, MANU, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-21</u>	World Heritage Volunteers	Kathmandu	18 – 30 Sep 2019	HERI, MANU, EDU	16	8	8	18+

Background/Project:

Nepal is blessed with a rich cultural heritage. Culture has been called 'the way of life for an entire society'. The statement holds particularly true in the case of Nepal where every aspect of life, food, clothing and even occupations are culturally classified. In a society so feudalistic and so fractured across class lines, cultural heritage comes as a fresh wind. The culture of Nepal includes the codes of manners, dress, language, rituals, norms of behaviour and systems of belief. The culture of Nepal is a unique combination of tradition and change. The traditions are followed as they were and new customs are created to keep pace with the changing times. The land is rich with diverse cultural groups like Tharu, Yadav, Ahir, Newars and others.

VIN is conducting this project which is the common action of CCIVS.

Objectives:

- To educate and raise the awareness among the people about the importance of Sankhu and temple area.
- To clean the area and educate people not to throw the garbage everywhere.
- To help for renovation and reconstruction in the area.

Work and activities:

- Construction, Painting, Clean-up, Awareness raising

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:

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)