

**The texts are from:**

# ICYE NEPAL

## Volunteering Profile 2025

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### 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, a noble mission drives the organization: to empower local communities through community development, education, and 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, childcare support in schools and hostel, construction projects, and organic farming. Additionally, the organization offers avenues for involvement in social media and marketing, healthcare initiatives, renovation programs, women empowerment 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.

We kindly request our volunteers to fill in a 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** Long-term volunteering programs typically begin in August and January and last for 5-10 months. January can be the starting date for a five-month program.

Volunteers can stay in Nepal for up to ten months by renewing their visas every three and two months.

The weekly fees for volunteer programs such as Monk Teaching, Organic Farming, and Medical Volunteering are expensive than other program fees like, organic farm 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](http://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

Upon your arrival at the airport, our office representative will warmly welcome you and escort you to the volunteer house. At the volunteer house, the local program coordinator will conduct an orientation and briefing session, covering essential topics such as Nepalese culture, greetings, local transportation, and nearby locations. Following this, you will be taken to your project site.

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.*

# 1 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 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.

## Highlights

- **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 45 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 Agricultural farm?

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 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 makes farms more sustainable and resilient
- Growing vegetables for the 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
- 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.
- 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.

## 2 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.

### Highlights

- **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.

## 3 Kindergarten or Montessori Teaching

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 Ukg. 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 for the children. Note: Basic knowledge of the Nepali language is advised to enhance your experience.

### Highlights

- **Project Name:** Kindergarten/Montessori Project Type: Children and Education  
Number of Volunteer: 1 to 4
- **Location:** Kathmandu, Chitwan, pokhara 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 volunteers 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 educational games with kids.
- Develop activities according to the students' needs and prioritize 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 are eager to learn either after school or in holidays, if the school is closed.

Above are sample activities where local hosts are 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 a 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 sides you and project.
- Be interested in working with children

## 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 with 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.

## 4 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 healthcare practices in a developing country. As a volunteer, you will work in a community hospital or health post, shadowing local medical professionals.

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.*

### Highlights

- **Project Type:** Healthcare Program
- **Number of Volunteer:** 1 to 4
- **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.

## 5 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.

### Highlightss

- **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.

## 6 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.

## 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.

## 7 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.
- Participants 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 be 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.

## 8 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.

### Highlights

- **Project Name:** Gram Sudhar Lower Secondary school
- **Project Type:** Education, Children (government school) Number of Volunteer: 1 to 4
- **Location:** , Kathmandu
- **Duration:** 4 to 45 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

Gram Sudhar Lower Secondary School is located in Gokarneshwor, Kathmandu, Nepal. It is part of the educational landscape in the region, which includes various schools catering to different educational needs.

## Community context

Gram Sudhar Lower Secondary School is in Gokarneshwor, Kathmandu, Nepal. Gokarneshwor lies in the northern part of Kathmandu, 10 km from Thamel and 15.1 km from the ICYE hostel.

The area is rich in history, dating back to the Kirant Dynasty, and holds deep spiritual significance. Known for the Gokarneshwar Mahadev Temple dedicated to Lord Shiva, it is an important religious site where various rituals, including Gokarna Aunsi (Father's Day), are performed. The peaceful environment, combined with the rich cultural heritage of the region, makes Gokarneshwor a must-visit destination. Gokarneshwor Municipality in Kathmandu, Nepal, is home to a variety of ethnicities, including Newar, Hyolmo, Sherpa, Rai, Limbu, Gurung, Brahmin, Chhetri, Tamang, and Magar. Most people belong to middle-class families. About 98% of the population is Hindu and celebrates Hindu festivals.

## Transportation

Kathmandu is the capital city of Nepal. It has good access to Wi-Fi, public and private transportation, and excellent road conditions. You will easily find local buses, taxis, and online transportation in an easy way. The bus fare from Thamel to Gokarna is around \$0.50.

## Skill and Qualification

- Good English-speaking abilities and enthusiasm to work with children.
- Age requirement: Above 18 years old.
- Demonstrated good character, adaptability, goodwill, hardworking, and a desire to learn.
- Patience, open-mindedness, and respect are essential traits.
- Enthusiasm, motivation, and reliability are expected.
- Creativity and initiative in planning and participating in project activities.
- Confidence in subject knowledge for effective teaching.
- Strong management skills for efficient support.
- Genuine support and love for underprivileged communities.

## Roles and responsibilities

- Deliver engaging English lessons, focusing on language skills and comprehension.
- Develop creative and tailored lesson plans.
- Maintain a positive and organized learning environment.
- Adapt teaching methods to diverse learning styles.
- Demonstrate cultural sensitivity and respect for local customs.
- Collaborate with teachers, staff, and community for a cohesive educational experience.
- Inspire and motivate students, encouraging active participation.
- Assess student progress, provide feedback, and adjust teaching strategies.
- Engage in community activities, fostering positive relationships.
- Initiate and participate in extracurricular activities for holistic learning.
- Maintain transparent communication with school administrators and coordinators.
- Effectively manage time for teaching, administrative tasks, and school events.
- Demonstrate flexibility in handling unforeseen challenges.
- Uphold high professional conduct, serving as a positive role model.
- Show dedication and commitment to the teaching program throughout the volunteering period.

## Food and Accommodation:

### Host family

Volunteers will stay in a host family, sharing rooms with fellow international participants of the same gender involved in the same program. Throughout the stay, two meals per day, encompassing lunch and dinner, will be generously provided. The culinary offerings are prepared in the local style, featuring staple foods such as rice, lentil soup, and vegetables.

## Local service

### Activities & Tours

There are lots of things to do in Kathmandu, like city tour, national museum, hiking, parks etc. During the weekend volunteers can head out to Chitwan National Park to do safaris trips. Or to the beautiful town Pokhara, Lumbini (birthplace of Gautam Buddha). Our local staff will always post you about the activities run during the weekend. Volunteers can hang out at Thamel which is most famous attractions to tourists in Kathmandu.

### Medical Services

If you require medical attention during your stay in Nepal there is an excellent private hospital or clinic like ciwec, teaching hospital etc at Kathmandu. Write the name of a person to contact in the event of serious illness or emergency.

## Personal Appearance:

Emphasize personal hygiene, cover shoulders and knees, and wear modest clothing. Cover tattoos and remove facial piercings while volunteering.

## 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.

# Language and Orientation

## Short-term Program

Upon your arrival at the airport, our office representative will warmly welcome you and escort you to the volunteer house. At the volunteer house, the local program coordinator will conduct an orientation and briefing session, covering essential topics such as Nepalese culture, greetings, local transportation, and nearby locations. Following this, you will be taken to your project site.

To make your volunteer journey even more enriching, you can also sign up for our one week language and cultural program. This program includes learning basic Nepali language skills to enhance communication, gaining valuable insights into the local culture, and enjoying activities like a one-day cooking class, a cultural dress photoshoot, and a sightseeing tour of the Kathmandu Valley's historical landmarks listed in UNSECO Heritage site. Throughout this journey you will not only build stronger connections with the community and deepen your understanding of Nepalese traditions but also develop new skills, boost your confidence, and create unforgettable memories.

## Long- term Program

Upon your arrival at the airport, our office representative will warmly welcome you and escort you to the volunteer house. At the volunteer house, the local program coordinator will conduct an orientation and briefing session, covering essential topics such as Nepalese culture, greetings, local transportation, and nearby locations. Following this, you will be taken to your project site.

Volunteers who joined the 8 - 10 months long term program must take one week language and cultural program. This program includes learning daily used basic Nepali language skills and gaining insight into local culture. It also features a one-day cooking class, a cultural dress photoshoot, and a one-day sightseeing tour within the Kathmandu Valley.

Looking forward to seeing you in Nepal.