



Empowering Marginalized Communities

स्वयंसेवी अभियान नेपाल
Volunteers Initiative Nepal



VIN Work camp Projects List 2019/20

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Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa	6 - 18 Jan 2019	EDU, SPOR & CULT	16	8	8	18+
<u>VINWC19-02</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa	20 - 31 Jan 2019	EDU, SPOR & CULT	16	8	8	18+
<u>VINWC19-03</u>	Library Camp	Tarakeshwor / Okharpauwa Kathmandu	4 - 15 Feb 2019	EDU, SOCI, KIDS, MANU	10	5	5	18+
<u>VINWC19-04</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa Kathmandu	17 - 28 Feb 2019	MANU	16	8	8	18+
<u>VINWC19-05</u>	Environment & Culture	Tarakeshwor / Okharpauwa / Kathmandu	10 - 21 March 2019	ENV, CULT, EDU	16	8	8	18+
<u>VINWC19-06</u>	Youth Personality Development	Tarakeshwor / Kathmandu / Okharpauwa	7 - 19 April 2019	EDU, CULT	12	6	6	18+
<u>VINWC19-07</u>	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	6 - 17 May 2019	KIDS, EDU	12	6	6	18+
<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>VINWC19-22</u>	Raising peace campaign	Tarakeshwor / Kathmandu / Okharpauwa	15 – 26 Oct 2019	EDU, CULT	10	5	5	18+
<u>VINWC19-23</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	5 – 16 Nov 2019	MANU	18	9	9	18+
<u>VINWC19-24</u>	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	18 – 30 Nov	KIDS, EDU	12	6	6	18+
<u>VINWC19-25</u>	Social Event - International Volunteer Day celebration	Kathmandu / Tarakeshwor	25 Nov – 6 Dec 2019	MANU, EDU	10	5	5	18+
<u>VINWC19-26</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	9 -21 Dec 2019	MANU	18	9	9	18+
<u>VINWC20-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa / Kavresthali	5-17 Jan 2020	KIDS, EDU, SPOR & CULT	16	8	8	18+
<u>VINWC20-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa / Kavresthali	20 -31 Jan 2020	KIDS, EDU, SPOR & CULT	16	8	8	18+

PROJECT DETAILS

Project 1: Children's Winter Camp 2019 – (EDU, SPOR & CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-01</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa	6 - 18 Jan 2019	EDU, SPOR & CULT	16	8	8	18+
<u>VINWC19-02</u>	Children's Winter Camp	Tarakeshwor / Okharpauwa	20 - 31 Jan 2019	EDU, SPOR & CULT	16	8	8	18+

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

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

Objectives:

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

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

Placement Support Process: The first day is arrival day and each volunteer is greeted and received by VIN local staff at the airport and taken to VIN hostel / hotel. On the second day volunteers will receive a full day

orientation at VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, preparation for project activities and an introduction to VIN. Volunteers will always be guided by a Nepali camp leader and VIN supervisors will visit them time to time for follow up and support. Should you have any concerns on the work camp, you may always call VIN for immediate help. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

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

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

Language: Basic English should be spoken among the participants

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

The Participation Fee Covers:

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

What's excluded?

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

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

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

Airport : Tribhuvan International Airport, Kathmandu

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

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

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

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-03</u>	Library Camp	Tarakeshwor / Okharpauwa Kathmandu	4 - 15 Feb 2019	EDU, SOCI, KIDS, MANU	10	5	5	18+
<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 3: House Rebuilding Support – (MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-04</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa Kathmandu	17 - 28 Feb 2019	MANU	16	8	8	18+
<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+
<u>VINWC19-23</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	5 – 16 Nov 2018	MANU	16	8	8	18+
<u>VINWC19-26</u>	House Rebuilding Support	Tarakeshwor / Okharpauwa / Kathmandu	9 – 21 Dec 2018	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: *Tarakeshwor* : Tarakeshwor municipality is situated in the outskirts of Kathmandu District. It is around 10-15 km from main ring road to Balaju, Kathmandu covered with hills, fields and woods.

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

Language: Basic English should be spoken among the participants

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

The Participation Fee Covers:

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

What's excluded?

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

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

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

Airport : Tribhuvan International Airport, Kathmandu

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

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

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

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-05</u>	Environment & Culture	Tarakeshwor / Okharpauwa / Kathmandu	10 - 21 March 2019	ENV, CULT, EDU	16	8	8	18+

Background/Project:

Part I: Garbage management

The protection of the environment is a major challenge today. The solid waste management should be an urgent action to protect the environment. Solid waste is a by-product of human activities, which tends to increase with rapid urbanization, improved living standard and changing consumption patterns. Management of increasing amount of solid waste has become a major challenge in many communities in Nepal. If solid waste is properly used it can be a valuable resource, but if it is not effectively managed, it can result in serious adverse impact on environment and public health.

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

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

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

Part II: Celebration of Holi Festival

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

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

Objective:

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

Activities:-

- Organize the waste management /Community clean-up campaign by involving community people.
- Train local people on garbage management (segregation, disposal, domestic methodology to make compost fertilizer etc.)
- Develop the concept of kitchen garden and train the households to implement it in their homes.

- Celebration of festival of colors with positive energy in the community.

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

Location: 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 : Tribhuwan International Airport, Kathmandu

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

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

Project 5: Youth Personality Development – (EDU, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<u>VINWC19-06</u>	Youth Personality Development	Tarakeshwor / Kathmandu	7 – 19 April 2019	EDU, CULT	12	6	6	18+

Background/Project: Youth of all countries constitutes the true wealth and future of the country. In our country, the population in the age group (16-35) is considered as the youth. According to the 2011 census, the youth population is 40.3% of the total population. Even though they are educated, they are unable to compete in job market due to lack of life skills and vocational training. Life skills increase young people's wellbeing and help them to develop into active and productive members of their communities. For example, the WHO has defined life skills as “abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life,” while UNICEF has defined them as a “large group of psycho-social and interpersonal skills that can help people make informed decisions, communicate effectively, and develop coping and self-management skills that may help lead a healthy and productive life.”

Youth empowerment is one of the major programs of VIN's Integrated Community Development Approach. The goal of Youth Personality Development is to empower youth socially and economically through education, developing their life skills & providing entrepreneurship development. VIN welcomes volunteers from across the globe so as to assimilate youth with life skills training, personality development, entrepreneurship training etc.

Objective:

- To provide unique opportunities to today's youth to improve both in personal and professional life.
- To promote friendship, understanding and solidarity among local youth and cross-national

volunteers/youths.

- To provide opportunities for understanding and appreciation of the Nepalese culture and traditions via cultural immersion.

Activities:-

- Prepare and conduct different sessions with VIN's Youth Development program officer
- Public speaking (speech practice, body language)
- Team Building and group work
- Communication skills (verbal, listening, written)
- Public relation 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. On the last day of the work camp, volunteers will submit a detailed work report, fill up an exit form and sit with VIN executives for an exit interview and feedback session.

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

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

Language: Basic English should be spoken among the participants.

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

The Participation Fee Covers:

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

- VIN admin cost.

What's excluded?

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

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

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

Airport : Tribhuwan International Airport, Kathmandu

Leisure Activities: 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 6: Personality Development for Children – (KIDS, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
VINWC19-07	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	6 – 17 May 2019	KIDS, EDU	12	6	6	18+
VINWC19-24	Personality Development for Children	Tarakeshwor / Kathmandu / Okharpauwa	18 – 30 Nov 2019	KIDS, EDU	12	6	6	18+

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

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

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

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

Objective:

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

Work and activities:

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

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

Location:

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

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

Language: Basic English should be spoken among the participants.

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

The Participation Fee Covers:

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

What's excluded?

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

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

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

Airport : Tribhuvan International Airport, Kathmandu

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

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

Project 7: 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 8: 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 9: Children's summer camp (EDU, SPOR, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
VINWC19-11	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 10: 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 11: 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 12: 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 : Tribhuvan International Airport, Kathmandu

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

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

Project 14: Raising peace campaign (EDU, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
VINWC19-22	Raising peace campaign	Tarakeswor / Kathmandu / Okharpauwa	15 – 26 Oct 2019	EDU, CULT	10	5	5	18+

Background/Project:

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

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

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

Objectives:

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

Work and activities:

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

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

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

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

Language: Basic English should be spoken among the participants

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

The Participation Fee Covers:

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

What’s excluded?

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

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

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

Airport : Tribhuwan International Airport, Kathmandu

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

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

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

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
VINWC19-22	Social Event – International Volunteer Day celebration	Tarakeshwor / Kathmandu	15 – 26 Oct 2019	EDU, CULT	10	5	5	18+

Background/Project:

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

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

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

Objectives:

- To make people aware about Volunteerism

Work and activities:

- Make presentation on Volunteerism
- Visit to university and colleges and advertise about volunteerism
- Arrangement for the Volunteer day
- Plan unique activities to be done during the volunteer day

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

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

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

Language: Basic English should be spoken among the participants

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

The Participation Fee Covers:

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

What's excluded?

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

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

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

Airport : Tribhuvan International Airport, Kathmandu

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

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