

# **Volunteer Association for Disabled (VAD Nepal)**

## **Volunteer Program in Nepal**

**Barhakshetra VDC, Chatara, Sunsari**

### **Summary**

Experience life in a rural farming village in the Sunsari District of Nepal. All visitors are invited to come and visit or work on this project and to be placed on “Thank you” notice in Our Rehabilitation Centre/ Website/News letter. This is the village where VAD Nepal's founder Chiran Pokhrel/Roma Neupane lived.

### **Overview**

Chatara is on the left bank of the Sapta Koshi River, the largest River of Nepal, and is a foothill town in Sunsari District about 600 km from the capital city Kathmandu. Here the river opens up wider touching the plains of the Terai, This location is also the border line of three districts Dhankuta, Udayapur and Sunsari of Eastern Nepal. The pace of life is very slow, with most locals making their living from agriculture. You'll walk dirt roads every day, learning what life is like in rural Nepal.

### **Programs**

The Program offer Volunteer and internship, Read about the programs and let us help you have an unforgettable experience in Nepal and contribute to the Nepal in a meaningful way.

We have the following programs in Barhakshetra VDC, Chatara,Sunsari

### **Rehabilitation/Health Care**

This program is geared toward medical students, nurses, and nursing students. Volunteers work at hospitals and health clinics in Chatara performing tasks like taking vital signs, dressing wounds, administering shots, drawing blood, holding babies while they are being treated, helping to screen and organize patients, assisting staff with getting medicines/supplies, and generally helping out in whatever capacity they might need you.

It's a great opportunity to donate your skills and time to helping others in need, while gaining hands-on medical experience and learning firsthand about medical care in Nepal.

Volunteers must be studying or practicing in the healthcare field, as doctors, nurses, EMT's, and medical and nursing students with clinical experience. We do not accept premed students into the program.

## **Teaching**

This program teaches English to children in government schools. You can also teach in other disciplines such as math, science, music, geography, art, dance, etc. One volunteer even taught a group of children circus acrobatics for 6 weeks!

The children range in age from 5 to 15 years of age. The teaching curriculum for each major subject is based on the students' standard book. Volunteers are also encouraged to create their own lesson plans.

Depending on the subject, volunteers can bring along teaching materials such as picture books, instruments, flash cards, art supplies, and songs.

Each institution has its own permanent staff member who assists volunteers with their teaching and in communicating with the children and colleagues. Classes are generally in session five days a week, with four to six class periods each day and a break for lunch.

## **Getting There**

Volunteers fly into arrive in Kathmandu at Tribhuvan International Airport, Kathmandu (KTM) to meet with our Program Staff. After a one-day tour of Kathmandu, you and our coordinator will take the 10-12 hour bus ride to Dharan, then one hour Jeep ride to Chatara.

Another Option is there is a regular flight from Kathmandu to Biratnagar everyday then 2 hrs bus drive to Chatara

## **Language**

Nepali is the official language in Nepal and the most widely spoken. However there are over 100 other languages registered in Nepal as mother tongues including Maithili, Bhojpuri, Tharu, and Newari. English is taught as a second language in primary and secondary schools and colleges and is widely understood in business, government, and tourism circles.

## **Accommodations**

You will stay with a local Nepali family who speaks English and will provide you with your own room, all meals, include you in family activities. The living style is rustic: you'll use an outhouse instead of an indoor toilet, there are no landline phones, and cable/satellite TV is a luxury.

## **Meals**

The standard meal in Nepal is called "dal bhat tarkari" which consists of rice, lentils, and a vegetable. Most Nepalis eat this twice a day, with a snack or two throughout the day. Many families spice it up with chile peppers. The meal can be quite monotonous, so if you need a break there are small shops that sell noodles, eggs, and cereals. Vegetarians are easily accommodated by our host families. There is always a wide selection of seasonal fruits available, like bananas and jackfruit.

## **Communications**

Mobile phones are widely available in Chatara. You can buy and activate a mobile phone for about 50 USD from one of the many mobile phone shops in town. There are many Internet shops for both Internet access and international phone calls. Do not count on your host family having a phone that you can use to make/receive.

## Transportation

Our local Coordinator will accompany you from the airport in Kathmandu to your host family and volunteer job in Chatara. On a daily basis, you will either walk or ride a bike to school/Health Post/ Rehabilitation Centre. There is no intra-village public transportation. When you want to sightsee on weekend, you can catch a jeep or buses which are all very inexpensive. We highly recommend that volunteers buy an inexpensive bicycle in the village which costs about \$40.

## Health & Safety

Chatara is very safe in terms of personal safety as well as health. The biggest problem faced by volunteers is usually an occasional upset stomach as their bodies adjust to the food and water. You cannot drink tap water; only drink bottled/boiled water. There are larger hospitals and medical clinics in Dharan

## Climate/Weather

Chatara has distinct seasons, with night/day temperatures ranging from 2-18 C (35-65 F) in January to 23-32 C (73-90 F) in September. The monsoon season brings rains in July and August. The best weather months are October and November, with moderate temperatures and dry and clear skies which attract international travelers to trekking in the Himalayas.

## Sightseeing & Activities

The tourist attraction is Baraha Chhetra, located 5 km north of Chatara is the site of an annual religious festival and is sacred to both Hindu and Buddhists. and Koshi Tappu wild life reserve has carved a place itself as a birdwatchers' paradise. There are a number of nearby religious sites that can be visited during daytrips. Dharan a beautiful multicultural town surrounded by hills at north. Other popular spots in Dharan are Bhedetar (Hillspot), the temples of Pindeshwori, Budhasubba, Dantakali, panchakanya etc

<b>Program Details</b>	
Minimum Length	1 Weeks
Maximum Length	5 Months
Program Dates	Available year-round. Start & End Dates flexible.
Schedule	Sunday-Friday, 10am-5pm
Accommodations	Host Family
Meals	Host Family
<b>Admin Fee</b>	<b>\$ 100 Per person</b>
<b>Program Fee</b>	<b>\$ 50 Per Week</b>

### Include in Program Fee

- Pre-trip Guidance and Support
- Airport Pickup and Drop-Off
- Transportation to Program Site
- In-country Orientation
- Introduction to Host Family
- Placement and Supervision in Program
- Meals & Accommodations
- Guidance with Extra Sightseeing
- 24-hour In-Country Support /Volunteers T-shirt
- Letters of Reference / Certificate

### Not included in Program Fee

- Airfare to Program site
- Daily Commute to Volunteer Location
- Internet Access
- Phone calls/ Mobile Phone
- Extra Sightseeing
- Meals outside Host family