

Volunteer Association for Disabled (VAD Nepal)

Volunteer Program in Nepal

Sitapaila VDC, Kathmandu,

Summary

Chiran & Roma welcomes you to their home, to share their family's everyday life. This is an opportunity to get a glimpse of the everyday life of a Nepalese family and to learn more about how people live in this beautiful country. It also an experience beyond ordinary home stay since Chiran and his family treats anyone staying with them as their dear friends.

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 Sitapaila VDC, Kathmandu:

Rehabilitation/Health Care.

This program is geared toward medical students, nurses, and nursing students. Volunteers work at hospitals and health clinics in Kathmandu 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.

Orphanage (Children Home)

The most valuable activity sought by orphanages is for Volunteers to teach English to the kids. Books are often scarce at orphanages, but the permanent English teacher usually can provide you with a standard lesson book to follow.

Depending on your own skills and interests, though, you can also teach songs, music, dance, cooking, or any number of activities, and generally just spend quality time with the children.

Some orphanages can house volunteers. Or, you can stay with a local host family and work at the orphanage during the day/evening.

Most orphanages also welcome assistance from Volunteers for the organizations themselves. This involves working with staff to develop marketing, fundraising, and program strategies for the orphanage.

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, Bhojपुरi, 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,

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 Kathmandu. 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.

Program Details	
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
Admin Fee	\$ 100
Program Fee	\$ 50 per Week

Include in 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