



Empowering Marginalised Communities

स्वयंसेवी अभियान नेपाल  
Volunteers Initiative Nepal



VIN WORK CAMP PROJECTS LIST

2024

Volunteers Initiative Nepal (VIN) [www.volunteersinitiativenepal.org](http://www.volunteersinitiativenepal.org)  
Ph.: +977- 1- 4962560

## Contents

Volunteers Initiative Nepal (VIN) .....	2
Our Mission .....	2
The major objectives of VIN .....	3
VIN Work camp List 2024 .....	4
PROJECT DETAILS .....	6
Project 1: Children’s Winter Camp – (EDU, SPOR & CULT) .....	6
Project 2: Painting and Gardening (MANU, ENVI).....	9
Project 3: Personality Development for Children (KIDS, EDU).....	12
Project 4: Youth Personality Development & Festive Camp (EDU FESTIVE).....	15
Project 5: Permaculture (Sustainable food production)& Festive camp (ENVI, AGRI, MANU) .....	18
Project 6: Environment Camp (ENVI, EDU, MANU) .....	22
Project 7: Volunteers for volunteerism (EDU) .....	25
Project 8: Children’s Summer Camp (KIDS, EDU, SPOR & CULT) .....	27
Project 9: Art & crafts with Children (ARTS, KIDS).....	30
Project 10: Library & Festive Camp (EDU, SOCI, KIDS, MANU) .....	32
Project 11: School Development & Education (KIDS, CULT) .....	36
Project 12: Raising Peace Campaign (EDU, CULT).....	41
Project 13: Elderly Care Project (MANU, CULT) .....	43
Project 14: Social Event - International Volunteer Day celebration (MANU, EDU) .....	46
Some pictures.....	49

## **Volunteers Initiative Nepal (VIN)**

Volunteers Initiative Nepal (VIN), founded in 2005, is a non-profit and non-government organization working for the most marginalized communities of Nepal using a holistic community development approach. VIN works with many local and international volunteers each year to achieve its Goal. Improving the quality of living of disadvantaged people through community empowerment is our ultimate Goal, and Volunteerism is our strategy for our development initiatives.



## **Our Mission**

VIN's mission is to empower marginalized communities, focusing on women and children, through enhanced educational programs and community training to promote equality, economic well-being, and basic human rights.

## The major objectives of VIN

- To improve the basic public health condition of the community people
- To empower women to improve their quality of life
- To facilitate children's development & protect child rights
- To develop skills among youth and mobilise them on development activities
- To Conserve, promote and protect environment and culture for the future generation
- To minimize the risk of natural disaster and provide relief and safety to vulnerable communities

These objectives are achieved through the engagement of young people and solidarity activities focusing the sustainable development goals, social inclusion, and equal opportunities

VIN believes in the four pillars of development – Education, Health & Environment, Economy, and basic infrastructure. We have been implementing **six different**

**programs:** women's empowerment, Children's Development, Youth Empowerment, Public Health & Medical Care, Environment Conservation, and Disaster Response & Relief. VIN mobilizes local and international volunteers in the communities and office, which positively impacts the programme.

VIN has fully applied a holistic approach in humanitarian activities (equal focus on Education, Health & Environment, Economy, and Basic infrastructure development) to community empowerment. Through our initiatives, over 305k people directly benefitted.



## VIN Work camp List 2024

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-01</a>	Children's Winter Camp	Kathmandu	08-19 Jan 2024	KIDS, EDU, SPOR & CULT	12	6	6	18+
<a href="#">VINWC24-02</a>	Children's Winter Camp	Kathmandu	18 -29 Jan 2024	KIDS, EDU, SPOR & CULT	12	6	6	18+
<a href="#">VINWC24-03</a>	Painting and Gardening	Okhaldhunga	12 - 24 Feb 2024	MANU ENVI	14	7	7	18+
<a href="#">VINWC24-04</a>	Personality Development for Children	Kathmandu	12 - 23 Feb 2024	KIDS, EDU	14	7	7	18+
<a href="#">VINWC24-05</a>	Youth Personality Development & Festive Camp	Kathmandu	14 - 25 March 2024	EDU FESTIVE	14	7	7	18+
<a href="#">VINWC24-06</a>	Permaculture (Sustainable food production)& Festive camp	Okhaldhunga	14 - 26 March 2024	ENVI, AGRI, MANU, FESTIVE	14	7	7	18+
<a href="#">VINWC24-07</a>	Environment Camp	Kathmandu	07-18 April 2024	ENVI, EDU, MANU	14	7	7	18+
<a href="#">VINWC24-08</a>	Permaculture (Sustainable food production)	Okhaldhunga	07-19 April 2024	ENVI, AGRI, MANU,	14	7	7	18+
<a href="#">VINWC24-09</a>	Volunteer for volunteerism	Kathmandu	05-16 May 2024	EDU	14	7	7	18+
<a href="#">VINWC24-10</a>	Personality Development for Children	Kathmandu	09-20 June 2024	KIDS, EDU	14	7	7	18+
<a href="#">VINWC24-11</a>	Permaculture (Sustainable food production)&	Okhaldhunga	09 - 21 June 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-12</a>	Children's Summer Camp	Okhaldhunga	08-20 July 2024	KIDS, EDU, SPOR & CULT	16	8	8	18+
<a href="#">VINWC24-13</a>	Permaculture (Sustainable food production)	Okhaldhunga	08-20 July 2024	ENVI, AGRI, MANU	14	7	7	18+

<a href="#">VINWC24-14</a>	Art and craft with children	Kathmandu	08-19 July 2024	ARTS, KIDS, EDU	14	7	7	18+
<a href="#">VINWC24-15</a>	Children's Summer Camp	Okhaldhunga	22 July- 03 August 2024	KIDS, EDU, SPOR & CULT	16	8	8	18+
<a href="#">VINWC24-16</a>	Permaculture (Sustainable food production)	Okhaldhunga	22 July- 03 August 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-17</a>	Environment Camp	Kathmandu	11-22 August 2024	ENVI, EDU, MANU	14	7	7	18+
<a href="#">VINWC24-18</a>	Painting and Gardening	Okhaldhunga	11-23 August 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-19</a>	Permaculture (Sustainable food production)	Okhaldhunga	11-23 August 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-20</a>	Library & Festiv Camp	Kathmandu	29 Aug - 09 September 2024	EDU, SOCI, KIDS, MANU, CULT	14	7	7	18+
<a href="#">VINWC24-21</a>	School Development- Education & Festiv Camp	Okhaldhunga	29 Aug - 10 September 2024	KIDS, CULT	16	8	8	18+
<a href="#">VINWC24-22</a>	Raising Peace Campaign	Kathmandu	22 Sep – 02 Oct 2024	EDU, CULT	14	7	7	18+
<a href="#">VINWC24-23</a>	Working with Elderly People	Lapsephedi Kathmandu	11 – 22 Sep 2024	MANU, CULT,	14	7	7	18+
<a href="#">VINWC24-24</a>	Permaculture (Sustainable food production)	Okhaldhunga	22 Sep – 04 Oct 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-25</a>	Social Event - International Volunteer Day celebration	Kathmandu	25 Nov – 6 Dec 2024	MANU, EDU	14	7	7	18+
<a href="#">VINWC24-26</a>	Permaculture (Sustainable food production)	Okhaldhunga	09 – 21 Dec 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC25-01</a>	Children's Winter Camp	Kathmandu	16-27 Jan 2025	KIDS, EDU, SPOR & CULT	16	8	8	18+

## PROJECT DETAILS

### Project 1: Children’s Winter Camp – (EDU, SPOR & CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-01</a>	Children’s Winter Camp	Kathmandu	08-19 Jan 2024	KIDS, EDU, SPOR & CULT	12	6	6	18+
<a href="#">VINWC24-02</a>	Children’s Winter Camp	Kathmandu	18 -29 Jan 2024	KIDS, EDU, SPOR & CULT	12	6	6	18+
<a href="#">VINWC25-01</a>	Children’s Winter Camp	Kathmandu	16-27 Jan 2025	KIDS, 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 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. These 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 (during winter and



summer breaks) is one of the best places to explore their natural skills 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 a fun time for children aged between 5 and 12 utilizing their vacation period.
- To promote 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 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 an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the VIN hostel/hotel. On the second day, volunteers will receive a full-day orientation at the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support.

Should you have any concerns about 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:** Jitpurphedi community is located in the outskirts of Kathmandu District. It is around 10-15 km from the 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/mattresses. Please bring your sleeping bag.

**Requirements:**

- 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:**

One of the VIN staff will pick up volunteers 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 with that and you can arrive to VIN office on the first day.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** You can go 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: Painting and Gardening (MANU, ENVI)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-03</a>	Painting and Gardening	Okhaldhunga	12 - 24 Feb 2024	MANU ENVI	14	7	7	18+
<a href="#">VINWC24-18</a>	Painting and Gardening	Okhaldhunga	11-23 August 2024	ENVI, AGRI, MANU	14	7	7	18+

**Background/Project:** VIN constructed and initiated NaraTika Community Learning Center (NT-CLC) in Okhaldhunga. We aim to sustain our holistic community empowerment programs in Okhaldhunga by using this center. The NaraTika Community Learning Center is targeted for all age learners – children's center for 3 to 8 years, a library for 8+ years, training room, conference hall for 200 people, the working station for 16 people, the dormitory for 40-50 people, male and female toilets and showers, lobby, volunteers center, health center and much more.

We have developed a small vegetable farming plot in the centre through permaculture techniques.

We are looking for volunteers and interns who can support running this NaraTika Community Learning Center for the disadvantaged communities of Okahldhunga. If you would like to enjoy in gardening, farming, painting etc., this can be your best choice of volunteering.



### Objectives:

- To promote the activities of Community Learning Centre among the community people
- To protect environment.
- To promote friendship, understanding, and solidarity among local young national and international volunteers.

**Work:** Paint and decorate the fence, walls etc. Organize activities in CLC and outside for its promotion, help, and support in CLC and to the farmers in vegetable farming through permaculture techniques and gardening.

**Location:** Okhaldhunga district, which is 250 km from Kathmandu. It takes 8 hrs to 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 at a hotel or VIN hostel. On the second day, volunteers will receive a full-day orientation at the VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, project activities preparation, and VIN. Then you will travel to Okhaldhunga, the project site, which takes a minimum of 8 hrs. drive. You will always be guided by a Nepali camp leader/VIN staff, and VIN supervisors will visit you for follow-up support. Should you have any concerns about 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 out an exit form and sit with VIN executives for an exit interview and feedback sessions.

**Accommodation/food:** The volunteers will stay in Kathmandu for two nights until orientation. VIN covers two nights' accommodation on sharing basis and simple Nepali-style food. 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 people in one room. Volunteers are required to sleep on simple beds. Please bring your sleeping bag.

**Requirements:**

- Basic English should be spoken among the participants and staff.

**Participation Fee:** The participation fee of 200 Euros + 100 Euro for Transportation is to be paid on your arrival at VIN Office.

**Why Okhaldhunga and extra transportation fee:**

- The beautiful Himalayan region is close to Mt. Everest.
- It lacks development and basic infrastructure.
- Very needy local area waiting for development.
- Welcoming community and rich in culture.
- Simple lifestyle and smiling people.
- Lovely environment and up and downhills.
- It 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 contributed to the 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 and 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, travel and entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

### **Meeting point:**

VIN staff will pick up 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 with that.

**Airport:** Tribhuwan International Airport, Kathmandu

**Leisure Activities:** VIN organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot for extra costs if you are interested after your work camp.

**Note: We will organize this Work camp in another community close to Kathmandu if we receive less than 4 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 3: Personality Development for Children (KIDS, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-04</a>	Personality Development for Children	Kathmandu	12 - 23 Feb 2024	KIDS, EDU	14	7	7	18+
<a href="#">VINWC24-10</a>	Personality Development for Children	Kathmandu	09-20 June 2024	KIDS, EDU	14	7	7	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 the personality of children involves a holistic approach that considers various aspects of their physical, emotional, social, and cognitive well-being.

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 like- arts, sports, language to improve children's ability.

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the VIN hostel/hotel. On the second day, volunteers will receive a full-day orientation at the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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:** Jitpurphedi community is located in the outskirts of Kathmandu District. It is around 10-15 km from the 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/mattresses. Please bring your sleeping bag.

### Requirements:

- 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:**

One of the VIN staff will pick up volunteers 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 with that and you can arrive to VIN office on the first day.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN 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: Youth Personality Development & Festive Camp (EDU FESTIVE)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-05</a>	Youth Personality Development & Festive Camp	Kathmandu	14 - 25 March 2024	EDU FESTIVE	14	7	7	18+

### **Part I: Youth Personality Development**

Youth of all countries constitutes the true wealth and future of the country. In Nepal, young people account for approximately 20.8 percent of total population of the country (age group 16-25 years) while 40.68 percent of the population lies in the age group 16-40. 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.

### **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.



The volunteers make the preparations and celebrate Holi festival in the community.

**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 life skill sessions of Public speaking/relation, Team Building and group work, Communication skills etc.
- Celebration of festival of colors with positive energy in the community.

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the VIN hostel/hotel. On the second day, volunteers will receive a full-day orientation at the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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*:** Jitpurphedi community is located in the outskirts of Kathmandu District. It is around 10-15 km from the 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/mattresses. Please bring your sleeping bag.

**Requirements:**

- 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:**

One of the VIN staff will pick up volunteers 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 with that and you can arrive to VIN office on the first day.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN 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: Permaculture (Sustainable food production)& Festive camp (ENVI, AGRI, MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-06</a>	Permaculture (Sustainable food production)& Festive camp	Okhaldhunga	14 - 26 March 2024	ENVI, AGRI, MANU, FESTIVE	14	7	7	18+
<a href="#">VINWC24-08</a>	Permaculture (Sustainable food production)	Okhaldhunga	07-19 April 2023	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-11</a>	Permaculture (Sustainable food production)	Okhaldhunga	09 - 21 June 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-13</a>	Permaculture (Sustainable food production)	Okhaldhunga	08-20 July 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-16</a>	Permaculture (Sustainable food production)	Okhaldhunga	22 July- 03 August 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-19</a>	Permaculture (Sustainable food production)	Okhaldhunga	11-23 August 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-24</a>	Permaculture (Sustainable food production)	Okhaldhunga	22 Sep – 04 Oct 2024	ENVI, AGRI, MANU	14	7	7	18+
<a href="#">VINWC24-26</a>	Permaculture (Sustainable food production)	Okhaldhunga	09 – 21 Dec 2024	ENVI, AGRI, MANU	14	7	7	18+

**Background/Project:**

**Part I: Permaculture (Sustainable food production)**

VIN's Environment and Conservation Programs focus on promoting community awareness of crucial environmental issues and developing solutions. VIN runs a number of environmental projects to conserve, promote and protect environment and culture and to prevent, abate and control water, land and air pollution in order to enhance health, safety and welfare of this and future generation. We use permaculture for sustainable farming! We started teaching and implementing Permaculture from later 2018! We believe Permaculture help restore whole ecosystem!

Agriculture provides subsistence and employment for 80% of the population of Nepal, accounting for approximately 39 % to the total GDP. The development of the sector is crucial for the empowerment of those who rely upon it and for the national economy.

Since Nepal is in Himalayan region, it has been badly affected by the Climate Change! The sources of water are drying; new types of moths / insects are in existence; the crop cultivation time changed, unexpected change in climate, unpredictable rainfall, draughts etc. are the result of global warming Nepalese farmers facing.

### **12 principles of Permaculture**

- **Observe and interact-** Let's slow down and observe and appreciate our surroundings and others. Let's slow down and interact with others, in real life, not on our phones.
- **Catch and store energy-** Take time to relax to restore balance and energy. Also, for me this means associating myself with those who bring positive energy and it means doing things that bring me joy and make me feel energized like running and learning.
- **Obtain a yield-** In permaculture, this of course might mean planting in such a way that the most food is created. The food is the reward. In life, we can work to obtain an intrinsic or extrinsic reward. These rewards need not be strictly financial. Perhaps the reward is making a difference in your client's life or making your coworker's day a little bit easier.
- **Apply self-regulation and accept feedback-** Self-regulation or self-control allows us to be accountable and it empowers us. Feedback helps us improve which will help us excel at work.
- **Use and value renewable resources and services and produce no waste-** These two principles are simply common-sense tips to living a eco-friendly lifestyle and in creating a more sustainable world.
- **Design from patterns to details-** Permaculture calls for standing back and observing patterns in nature and in society and then filling in the details; this might make for a more efficient and logical way to work as well.
- **Integrate rather than segregate and use and value diversity-** These principles translate perfectly in how we should all live in harmony with each other by integrating everyone into our communities and valuing diversity.
- **Use small and slow solutions-** Permaculture uses small and slow solutions because they are easier to manage than bigger solutions and they allow for the use of local resources leading to more sustainable outcomes. While this may not always be feasible- sometimes we need big and fast solutions to solve some of society's greatest problems- this principle can potentially be a valuable tool for problem solving.
- **Use edges and value the marginal-** Permaculture suggests that the interface between things is where the most interesting things take place. These are often the most valuable, diverse and productive parts of the system. This might mean extending a community garden out onto an edge near an unused railway. In life and work, we can try to more effectively use our resources including the edges.



- **Creatively use and respond to change-** This requires no explanation, but in a changing world, it remains an important principle in both life and work. To remain a viable and sustainable business and to live well, we must be resilient and creatively work with change.

Using these principles may allow us to create a better life and a better world by caring for the earth and caring for people.

## **Part II: Celebration of Holi Festival (VINWC24-06)**

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.

The volunteers make the preparations and celebrate Holi festival (festival of colours) in the community.

### **Work- Permaculture**

As a volunteer, you will be working with the farmers who are trained by VIN in permaculture. The work usually is hands on like designing the farm based on the permaculture principles – cultivating crops, weeding, irrigating, collecting materials, digging etc.

Support farmers in making organic fertilizers like compost.

Observe, interact, learn and implement.

**Location:** Okhaldhunga district, which is 200 km from Kathmandu. It takes one day of 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 at a hotel or VIN hostel. The second-day volunteers will receive a full-day orientation at the VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, project activities preparation, and VIN. Then you will travel to Okhaldhunga, the project site, which takes a minimum of 8 hrs. drive. You will always be guided by a Nepali camp leader/VIN staff, and VIN supervisors will visit you from time to time for follow-up support. Should you have any concerns about 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 an exit interview and feedback session.

**Accommodation/food:** The volunteers will stay in Kathmandu for two nights until orientation. VIN covers two nights' accommodation on sharing basis and simple Nepali-style food. 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 people in one room. Volunteers are required to sleep on simple beds. Please bring your sleeping bag.

**Requirements:**

- Basic English should be spoken among the participants and children

**Participation Fee:** The participation fee of 200 Euros + 100 Euro for Transportation is to be paid on your arrival at VIN Office.

**Why Okhaldhunga and extra transportation fee:**

- The beautiful Himalayan region is close to Mt. Everest.
- It lacks development and basic infrastructure.
- Very needy local area waiting for development.
- Welcoming community and rich in culture.
- Simple lifestyle and smiling people.
- Lovely environment and up and downhills.
- It 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 contributed to the 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, travel and weekend activities expenses etc.

**Meeting point:**

VIN staff will pick up 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 with that.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot for extra costs if you are interested after your work camp.

**Note: We will organize this Work camp in another community close to Kathmandu if we receive less than 4 participants.**

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

---

### Project 6: Environment Camp (ENVI, EDU, MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-07</a>	Environment Camp	Kathmandu	07-18 April 2023	ENVI, EDU, MANU	14	7	7	18+
<a href="#">VINWC24-17</a>	Environment Camp	Kathmandu	11-22 August 2024	ENVI, EDU, MANU	14	7	7	18+

### Background/Project:

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".

### **Objective:**

- Prevent and control water, land and air pollution through environment education and cleaning activities.

### **Activities:-**

- Organize the waste management /Community clean-up campaign 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.

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the 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. A Nepali camp leader will



always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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:** Jitpurphedi community is located in the outskirts of Kathmandu District. It is around 10-15 km from the 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/mattresses. Please bring your sleeping bag.

**Requirements:**

- Basic English should be spoken among the participants and children

**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 up 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 with that.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN 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: Volunteers for volunteerism (EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-09</a>	Volunteer for volunteerism	Kathmandu	05-16 May 2023	EDU	14	7	7	18+

Volunteerism is a form of helping in which people actively seek out opportunities to assist others in need, make considerable and continuing commitments to assist, and sustain these commitments over extended periods, often at considerable personal cost.

Volunteering keeps you in regular contact with others and helps you develop a solid support system, protecting you against stress and depression when you're going through challenging times. Volunteerism strengthens civic engagement, safeguards social inclusion, deepens solidarity, and solidifies ownership of development results.

Community development is possible through Volunteerism. VIN aims to develop volunteering concept among the local youths of the local community and universities through this project



#### **Objectives:**

Develop the concept of Volunteerism among Nepali youths and local community people.

#### **Work and activities:**

Prepare a presentation on Volunteerism, identify local colleges and universities, visit them and present the topic, involve in hands-on activities locally, develop the social media contents- like videos, PPP, involve on VIN's ongoing program like children, women, environment etc.

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted

and received by VIN local staff at the airport and taken to the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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:** Jitpurphedi community is located in the outskirts of Kathmandu District. It is around 10-15 km from the 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/mattresses. Please bring your sleeping bag.

**Requirements:**

- Basic English should be spoken among the participants and children

**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 up 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 with that.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN 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: Children's Summer Camp (KIDS, EDU, SPOR & CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-12</a>	Children's Summer Camp	Okhaldhunga	08-20 July 2024	KIDS, EDU, SPOR & CULT	16	8	8	18+
<a href="#">VINWC24-15</a>	Children's Summer Camp	Okhaldhunga	22 July- 03 August 2024	KIDS, EDU, SPOR & CULT	16	8	8	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 the examination and are doing less to develop the students' creativity. 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 essential.

At VIN working area Okhaldhunga, children do not have a proper structure and environment to develop their innate talents at home or school. Children's camp (in winter and summer) is one of the best places to explore their natural 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 a 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 an 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's camp, volunteers can prepare sessions and take classes on the following topics: Physical exercises, Team Building, Drawing, colouring & 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 8-9 hrs 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 at a hotel or VIN hostel. On the second day, volunteers will receive a full-day orientation at the VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, project activities preparation, and VIN. Then you will travel to Okhaldhunga, the project site, which takes a minimum of 8 hrs. drive. You will always be guided by a Nepali camp leader/VIN staff, and VIN supervisors will visit you for follow-up support. Should you have any concerns about 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 an exit interview and feedback session.

**Accommodation/food:** The volunteers will stay in Kathmandu for two nights until orientation. VIN covers two nights' accommodation on sharing basis and simple Nepali-style food. 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 people in one room. Volunteers are required to sleep on simple beds. Please bring your sleeping bag.

#### **Requirements:**

- Basic English should be spoken among the participants and children

**Participation Fee:** The participation fee of 200 Euros + 100 Euro for Transportation is to be paid on your arrival at VIN Office.

#### **Why Okhaldhunga and extra transportation fee:**

- The beautiful Himalayan region is close to Mt. Everest.
- It lacks development and basic infrastructure.

- Very needy local area waiting for development.
- Welcoming community and rich in culture.
- Simple lifestyle and smiling people.
- Lovely environment and up and downhills.
- It 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 contributed to needy and poor communities.

#### **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 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, travel and entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

#### **Meeting point:**

VIN staff will pick up each volunteer from the airport. The volunteers are requested to send their flight details to VIN beforehand 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 with that.

**Airport :** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot for extra costs if you are interested after your work camp.

**Note: We will organize this Work camp in another community close to Kathmandu if we receive less than 4 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 9: Art & crafts with Children (ARTS, KIDS)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-14</a>	Art and craft with children	Kathmandu	08-19 July 2024	ARTS, KIDS, EDU	14	7	7	18+

### **Part I: Art & crafts with Children**

Art is often considered the process or product of deliberately arranging elements in a way that appeals to the senses or emotions. It encompasses various 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.

As kids manipulate a paintbrush, their fine motor skills improve. When children experiment with materials, they dabble in science. Most importantly, perhaps, when kids feel good while creating, art helps boost self-confidence. This unrestricted exploration helps children form connections in their brains. It helps them learn, and it's also fun. It is a natural activity to support this free play in children.

Art and craft are 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, while craft will develop their thinking and coordinating skills. Art is a communication of this common story that can bring us all together as humans. Art is important because other humans are important, allowing us to understand each other.

This project is developed to improve children's creativity—this aids children in thinking creatively and how to connect with their imagination. Creativity can make children happier. They express their emotions through arts and crafts, making them feel calmer and happier. It's wonderful for children's development. Art and crafts projects allow a child to practice their skills, like coordination (e.g., cutting, shaping), understanding shapes and colours, and exploring their hidden interests and talents.

Both ways, it can bring about positive life-enhancing change to you and the Nepalese people. As a volunteer, you will be given the unique opportunity to teach arts and crafts of your choice and 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.

### **Objective:**

- To provide the opportunity for children to develop their creativity through art and crafts.
- To promote friendship, understanding, and solidarity among local young volunteers and cross-national volunteers.
- Understand the importance of holi festival and know how it is celebrated.

### **Activities:-**

- Develop and conduct the session of drawing, painting, creating gifts and crafts or any artistic expression among the children.
- Organize the activities of origami, collage work, music, dance etc.

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about the work camp, you may always call VIN for immediate help. During or after the work camp, our staff will take volunteers on a cultural heritage site's half-day sightseeing tour. 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 the 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/mattresses. Please bring your sleeping bag.

### **Requirements:**

- Basic English should be spoken among the participants and children

**Participation Fee:** The participation fee of 200 Euros (+ 30 Euro for Transportation) is to be paid on your arrival at the 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 up 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 with that.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot for 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 (VEF) from the sending organization)

---

## Project 10: Library & Festive Camp (EDU, SOCI, KIDS, MANU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-20</a>	Library & Festiv Camp	Kathmandu	29 Aug - 09 September 2024	EDU, SOCI, KIDS, MANU, CULT	14	7	7	18+

### Background/Project:

#### Part I -Library

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, a physical building or room, a virtual space, or both. Learners are at the centre of learning in the library. In Nepal, there is 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 a library and other infrastructure facilities. 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 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 in sports, arts & crafts, music, dance, drama, & outdoor group games are welcome.



Through this project, we want to give every student an opportunity to learn, enjoy reading, and create new knowledge and understanding by using a library.

### **Objectives:**

- To work for a children's development project and exchange the experience
- Help the school manage its library and teach children to use it regularly.
- To promote the library.

### **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 the library.
- Organize different reading and writing activities with children with the use of the library
- Conduct different activities to promote the library.

## Part II Festive Camp

### Teej celebration

Teej is a festival celebrated by Nepali women for the long life of her husband and the long and firm relationship between them until the death of this life and all the lives to come. Teej is observed for marital happiness, the well-being of spouse and children, and purification of own body and soul. Teej is the most famous festival among Nepali women. Teej is a small red insect that comes out of the soil during the rainy season. It is said Teej got its name from the same red insect. That is why Teej is celebrated in Red.

Decked up in red saree and red tika, bangles, women sing and dance to traditional folk songs for days. It is especially significant for married women when they get a special invitation to visit their maternal home and feast. It is a sight to behold at the Pashupatinath temple, where thousands of women draped in Red and green through the temple's premises. Observers can take photos of these women dancing merrily, where sometimes foreigners, especially women tourists, are requested to participate in the merry-making.



1. The eve (first day of Teej) is called Dar Khane Din. This evening the grand feast takes place. The grand feast is called "Dar."
2. The second day is the main day of Teej (the fasting day). Some women take it very rigid. They even live without a piece of food and drops of water, while some others take liquid and fruit.
3. On the third day, Women get up early in the dawn and get cleaned and do the puja once again, and only after this puja do women take solid food.
4. The fourth and final day is called Rishi Panchami. After completing the previous day's pooja, women pay homage to various deities and bathe with red mud found on the roots of the sacred Datiwan bush, along with its leaves. This act of purification is the final ritual of Teej, after which women are considered forgiven for all their sins."

#### **Objective:**

- Understand the importance of the Teej festival and know how it is celebrated.
- Understanding of Nepali Cultural

### **Activities: -**

- To celebrate Teej with women with positive energy in the community.
- Participate in dancing with the community women
- Cultural exchange

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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 the 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/mattresses. Please bring your sleeping bag.

### **Requirements:**

- Basic English should be spoken among the participants and children

**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 up 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 with that.

**Airport:** Tribhuwan International Airport, Kathmandu

**Leisure Activities:** VIN 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 11: School Development & Education (KIDS, CULT)**

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-21</a>	School Development- Education & Festiv Camp	Okhaldhunga	29 Aug - 10 September 2024	KIDS, CULT	16	8	8	18+

**Background/Project:**

**Part I- School Development- Education**

Okhaldhunga, District of the Himalayas - This small paradise on the earth is in the Everest Region. It is located 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 fascinating sights. VIN's Project site (Taluwa, Bhadaure, and Thulachhap communities) is on the South-East part of the district headquarters, Okhaldhunga. From Kathmandu, the bus route is about 250 km, which is a rough trip that takes one day (7-9 hrs). In Okhaldhunga, VIN implements an integrated approach to community development.

Because of the geographical situation, it has limited developmental activities and facilities. Unlike Kathmandu, Okhaldhunga has a number 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, only 91.56% of children have been attending school regularly, but 1.44% of children are not regular in school. Similarly, 10.42% of students drop out of school. 2.99% of families are well aware of child rights, and 20.69% of families know a fair amount about child rights. But, 76.30% of families do not know anything about child rights. Most children who drop out are involved in household work, field/farm work, household plowing, agriculture labor, collecting grass/firewood, grazing cattle, etc.

Work camps will be organized with local community schools and community stakeholders to create a child-friendly teaching and learning environment. Most of the schools lack basic infrastructures like school buildings, education material, playgrounds, and drinking water. Volunteers can make a big difference in the daily lives of these children by providing the necessities listed above and educating children through fun and creative ways.

The work camp will also involve teaching children from poor and marginalized communities 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 awareness of health and hygiene. In addition, volunteers will also get a chance to participate 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 the local community.

### **Objectives:**

- To create a child-friendly learning environment for the children of Okhaldhunga by developing resources and educational activities;
- To provide children from disadvantaged communities a unique opportunity for overall development (social, emotional, physical, mental, creativity) & provide a fun time for children aged 6-12.
- To promote friendship, understanding, and solidarity among local young national and international volunteers.

**Work:** Paint and decorate the classrooms. Renovate school areas, 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.

## Part II Festive Camp

### Teej celebration

Teej is a festival celebrated by Nepali women for the long life of her husband and the long and firm relationship between them until the death of this life and all the lives to come. Teej is observed for marital happiness, the well-being of spouse and children, and purification of own body and soul. Teej is the most famous festival among Nepali women. Teej is a small red insect that comes out of the soil during the rainy season. It is said Teej got its name from the same red insect. That is why Teej is celebrated in Red.

Decked up in red saree and red tika, bangles, women sing and dance to traditional folk songs for days. It is especially significant for married women when they get a special invitation to visit their maternal home and feast. It is a sight to behold at the Pashupatinath temple, where thousands of women draped in Red and green through the temple's premises. Observers can take photos of these women dancing merrily, where sometimes foreigners, especially women tourists, are requested to participate in the merry-making.



5. The eve (first day of Teej) is called Dar Khane Din. This evening the grand feast takes place. The grand feast is called "Dar."
6. The second day is the main day of Teej (the fasting day). Some women take it very rigid. They even live without a piece of food and drops of water, while some others take liquid and fruit.
7. On the third day, Women get up early in the dawn and get cleaned and do the puja once again, and only after this puja do women take solid food.
8. The fourth and final day is called Rishi Panchami. After completing the previous day's puja, women pay homage to various deities and bathe with red mud found on the roots of the sacred Datiwan bush, along with its leaves. This act of purification is the final ritual of Teej, after which women are considered forgiven for all their sins."

**Objective:**

- Understand the importance of the Teej festival and know how it is celebrated.
- Understanding of Nepali Cultural

**Activities: -**

- To celebrate Teej with women with positive energy in the community.
- Participate in dancing with the community women
- Cultural exchange

**Location:** Okhaldhunga district, which is 250 km from Kathmandu. It takes one day of 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 at a hotel or VIN hostel. The second-day volunteers will receive a full-day orientation at the VIN office in Kathmandu. The placement orientation will cover cultural tips, survival phrases on Nepali language, health tips, project activities preparation, and VIN. Then you will travel to Okhaldhunga, the project site, which takes a minimum of 8 hrs. drive. You will always be guided by a Nepali camp leader/VIN staff, and VIN supervisors will visit you from time to time for follow-up support. Should you have any concerns about 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 an exit interview and feedback session.

**Accommodation/food:** The volunteers will stay in Kathmandu for two nights until orientation. VIN covers two nights' accommodation on sharing basis and simple Nepali-style food. 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 people in one room. Volunteers are required to sleep on simple beds. Please bring your sleeping bag.

**Requirements:**

- Basic English should be spoken among the participants and children

**Participation Fee:** The participation fee of 200 Euros + 100 Euro for Transportation is to be paid on your arrival at VIN Office.

**Why Okhaldhunga and extra transportation fee:**

- The beautiful Himalayan region is close to Mt. Everest.
- It lacks development and basic infrastructure.
- Very needy local area waiting for development.
- Welcoming community and rich in culture.
- Simple lifestyle and smiling people.



- Lovely environment and up and downhills.
- It 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 contributed to the 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, travel and entrance fees on the world heritage sights, Personal travel and weekend activities expenses etc.

#### **Meeting point:**

VIN staff will pick up 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 with that.

**Airport:** Tribhuwan International Airport, Kathmandu

**Leisure Activities:** VIN organizes travel tours like Chitwan Jungle Safari, Pokhara, Nagarkot for extra costs if you are interested after your work camp.

**Note: We will organize this Work camp in another community close to Kathmandu if we receive less than 4 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 12: Raising Peace Campaign (EDU, CULT)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-22</a>	Raising Peace Campaign	Kathmandu	22 Sep – 02 Oct 2024	EDU, CULT	14	7	7	18+

### Background/Project:

Historically, violence against women and girls has been widespread in Nepali society but is still an unreported problem in Nepal. It is reported that one-third of 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, mainly sexual abuse, incest and rape by family members and others, 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 campaigns to 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 a public place for interaction with local community people is organized to have interaction on Women's Violence, problems, and their solutions. The target population is community leaders, teachers, and especially women groups and teen-aged girls. It aims to develop peace and protect human rights.

### Objectives:

- To raise awareness to the local community against violence among women.
- Aware people of women's rights and implement those at the local level.

### **Work and activities:**

- Conduct awareness sessions to the men and women about violence among women
- Organize open forum in public place for the interaction with local community people on women violence, problems, and their solutions.
- Develop educational materials.

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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 the 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/mattresses. Please bring your sleeping bag.

### **Requirements:**

- Basic English should be spoken among the participants and children

**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 up 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 with that.

**Airport:** Tribhuwan International Airport, Kathmandu

**Leisure Activities:** VIN 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 13: Elderly Care Project (MANU, CULT)**

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-23</a>	Elderly Care Project	Lapsephedi Kathmandu	11 – 22 Sep 2024	MANU, CULT,	14	7	7	18+

**Background/Project:**

In Nepal, the concept of caring for the elderly has emerged relatively recently, coinciding with shifts in familial structures and societal dynamics. With job opportunities dispersing families, the elder people have found themselves increasingly marginalized, isolated, and neglected. Currently, there are few Care Homes catering to the elderly across Nepal, highlighting a significant gap in support services.

Defined as individuals aged 60 years or older, the elderly population in Nepal faces stark challenges, particularly concerning poverty and lack of resources. A staggering majority grapple with the enduring consequences of lifelong deprivation, exacerbated by factors such as limited access to education, subpar

healthcare, inadequate nutrition, diminished social standing, pervasive discrimination, and issues with physical mobility.

Traditionally, familial structures in Nepal upheld the responsibility of caring for the elderly within extended family homes. However, the landscape is evolving rapidly, characterized by smaller family units and increased labor force participation among women and youth. Furthermore, migration from rural regions to urban centers or abroad in pursuit of employment opportunities has further strained familial bonds, leaving many older individuals isolated and grappling with loneliness.



Approximately 30% of Nepal's elderly population lives below the poverty line, struggling to meet their basic needs due to limited financial resources.

The common health challenges among Nepal's elderly include high rates of non-communicable diseases such as hypertension, diabetes, and arthritis. Moreover, respiratory illnesses like chronic obstructive pulmonary disease (COPD) are prevalent due to factors like indoor air pollution from traditional cooking methods. Studies also indicate that around 40% of elderly individuals in Nepal experience social isolation, stemming from factors like changing family structures, migration of younger generations for work, and lack of community support systems tailored to the needs of older adults.

These figures underscore the need for comprehensive support systems and initiatives to address the multifaceted challenges faced by Nepal's elderly population.

### **Objectives:**

To provide comprehensive support to elderly individuals in their day-to-day activities, including health management, personal hygiene, and household cleaning, with the aim of enhancing their overall well-being, happiness, and comfort in daily living.

To promote 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:** Based on your experience, you will engage in a variety of activities to support elderly individuals. This includes assisting nurses in caring for sick elderly individuals, conducting health checks, and administering first aid when needed. Additionally, you will serve as a caretaker, ensuring the well-being and comfort of elderly residents. Your responsibilities will also involve assisting with food preparation and maintaining sanitation standards. Furthermore, you will organize social and recreational activities to promote social engagement and overall happiness among the elderly residents. Moreover, you will coordinate tasks such as cleaning and potentially farming activities to maintain a conducive and sustainable living environment for the elderly home.

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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:** Lapsephedi is situated northeast of Kathmandu. Nestled amidst the serene foothills of the Himalayas, this area offer a picturesque landscape characterized by lush greenery, terraced fields, and breathtaking mountain vistas. Located at an approximate distance of 30 kilometers from Kathmandu, the journey to Lapsephedi unfolds along winding roads that traverse through quaint villages and verdant forests.

**Accommodation:** The volunteers will stay with the host family/Elderly home 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 / mattresses. Please bring your sleeping bag.

**Requirements:**

- Basic English should be spoken among the participants and children

**Participation Fee:** The participation fee is 200 Euros (+50 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 up 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 with that.

**Airport:** Tribhuvan International Airport, Kathmandu

**Leisure Activities:** VIN 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 14: Social Event - International Volunteer Day celebration (MANU, EDU)

Code	Name of Project	Location	Date	Type	Total Vols.	Male	Female	Age
<a href="#">VINWC24-25</a>	Social Event - International Volunteer Day celebration	Kathmandu	25 Nov – 6 Dec 2024	MANU, EDU	14	7	7	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 celebrates International Volunteer Day with specific activities to make international and national volunteers involved. This day is celebrated to recognize each volunteer's contributions through their work.



### Objectives:

- To make people aware of Volunteerism

### Work and activities:

- Make a presentation on Volunteerism
- Arrangement for the Volunteer day
- Plan unique activities to be done during the volunteer day

**Placement Support Process:** The first day is an arrival day, and each volunteer is greeted and received by VIN local staff at the airport and taken to the 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. A Nepali camp leader will always guide volunteers, and VIN supervisors will visit them from time to time for follow-up and support. Should you have any concerns about 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 the 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 / mattresses. Please bring your sleeping bag.

**Requirements:**

- Basic English should be spoken among the participants and children

**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 up 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 with that.

**Airport:** Tribhuwan International Airport, Kathmandu

**Leisure Activities:** VIN 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)

Some pictures





Thank you.

---