


Banepa International Work Camps 2023/24

SN	Date	Type of work	Camp code	M	F	Free place	Remarks
01	01-14/04/2023	Physical/environmental	BNP-01	8	8	16	
02	01-14/05/2023	Physical/environmental	BNP-02	8	8	16	
03	01-14/06/2023	Physical/environmental	BNP-03	8	8	16	
04	01-14/07/2023	Plantation/construction	BNP-04	8	8	16	
05	01-14/08/2023	Plantation/construction	BNP-05	8	8	16	
06	01-14/09/2023	Plantation/construction	BNP-06	8	8	16	
07	01-14/10/2023	Community forest	BNP-07	8	8	16	
08	01-14/11/2023	Community forest	BNP-08	8	8	16	
09	01-14/12/2023	Community forest	BNP-09	8	8	16	
10	01-14/01/2024	Physical/construction	BNP-10	8	8	16	
11	01-14/02/2024	Physical/construction	BNP-11	8	8	16	
12	01-14/03/2024	Physical/construction	BNP-12	8	8	16	

<p>Background</p> <p>We are working to make better conditions of the Sinegal village community in the Kavre district, near Banepa. We're assisting in the development of effective agricultural methods. We will be developing environmental awareness and community forestry. We are working together with the local community to build a community house that can be used for various activities or for shelter in case of emergency. The Sinegal village is located in the Kavre district, at an altitude of 1800 m, about 30 km east of Kathmandu. Our activities take place around Banepa, a town just an hour bus ride away from Kathmandu. Nature is all around and the air here is far better than in the bustling capital. Banepa offers amenities like restaurants with Wi-Fi, pharmacies, grocery stores, etc. After the earthquake, a lot of buildings were destroyed. The local population needs help in the rebuilding of the village.</p>
<p>Work</p> <ul style="list-style-type: none"> - Building a water tank and a well, for clean water access - Construction of a seniors home, organization of daily activities for seniors, creation of a garden near the community house - Help with the empowerment of women, to prepare them for the job market - Further develop the community house, with the creation of a rooftop space to be used as meeting space - Making fire line(fire break) surrounding community forest - Reconstruct Hindu temple in the Banepa village - Construction of a wall around the local primary school - Repair of wooden shelters for the local community
<p>Location: Banepa - 11, Sinegal, Kavrepalanchok, Nepal</p>
<p>Fee: Participation fee 275 € Office registration:50 Project donation:50 food and acomodation:150 local transpotation:25</p>
<p>Language: English</p>
<p>Meeting point: 5:00 PM at Hotel Hanna Thamel Kathmandu or Tribhuwan International airport up to your request.</p>
<p>Airport pick :</p> <ol style="list-style-type: none"> 1. We will pick up our volunteers from the Tribhuvan International airport in Kathmandu according to the arrival information. (please kindly let us know your flight detail in time we will manage your travelling arrangement in Nepal) 2. The person who don't need pick up from the airport they can directly come to the Hotel Hanna Thamel by using airport prepaid taxi or directly at orientation meeting 3. All volunteers will travelling together with our camp leaders so please kindly arrive in Kathmandu one day early before the project if he or she came late they have to manage travelling by themselves.
<p>Extra activities : If anyone like to explore Nepal before and after the project we will also help you to find good company for your traveling arrangement in Nepal upon your request but it is not compulsory</p> <p>Accommodation and food : we will recommend you to stay at hotel Hanna in Thamel in Kathmandu and they will charge 10 euro for the single room with simple facilities if anyone like to stay more luxurious hotel also available upon their budget they can also chose best place but they need to come at meeting time at hotel Hana before departure to the project.</p>
<p>Camp leaders : 1.Mr. Mahesh Rawal Contact number +977-9841-266564 2: Mr. Nabin Kumar Kadkha Contact number +977-9841-314512</p>
<div style="display: flex; align-items: center;">  <p> Friendship Foundation Nepal Tokha:7,Prayasnagar,Kathmandu Nepal Telephone:+977-9851047543 e-mail:nifcnepal@gmail.com www.theffn.org </p> </div>

Daman International work camp 2023/24

SN	Date	Type of work	Camp code	M	F	Free place	Rmarks
01	06-19/04/2023	Physical/construction	DMN-01	8	8	16	
02	06-19/05/2023	Education	DMN-02	8	8	16	
03	06-19/06/2023	Plantation/construction	DMN-03	8	8	16	
04	06-19/07/2023	Plantation/construction	DMN-04	8	8	16	
05	06-20/08/2023	Physical/construction	DMN-05	8	8	16	
06	06-19/09/2023	Physical/construction	DMN-06	8	8	16	
07	06-19/10/2023	Physical/construction	DMN-07	8	8	16	
08	06-19/12/2023	Physical/construction	DMN-08	8	8	16	
09	06-19/01/2024	Physical/construction	DMN-09	8	8	16	
10	06-19/02/2024	PHY/Edu	DMN-10	8	8	16	

The Daman project is one of our newest projects and we have only been operating here since 2012. Daman is quite isolated and most people are farmers, living a traditional life, as they have done for generations. However, times are changing and the community has a severe lack of funds to keep up with the rapid changes that Nepal is undergoing.

Knowledge of other cultures and the ability to speak English are vital skills for young Nepalese people. Many look forward to a future in the tourism business, and therefore the ability to communicate effectively with foreigners will increase their chances of having a better life once they leave the village. We also believe that our volunteers benefit a lot from staying in Daman. Living in a completely different culture with local hosts and adjusting to their conditions is an unforgettable experience. Teaching locals to think in new and different ways is their benefit, learning from their unique way of life is yours.

Our main aim is therefore to make life easier and more enjoyable particularly for the youth in Daman by giving them better prospects for the future through improving the facilities and the teaching at the local high school, where volunteers will mainly built up sport facilities.

Moreover, volunteers will help with the construction of a community house. It is meant to provide space for events, like marriages and community meetings. But the space can be used in a variety of ways.

What to bring:

Seasonal clothes, sleeping bag, work shoes and gloves, raincoat if summer, work clothes, musical instruments, games, recipes, pictures of your home country. Pencils, pens, books, notebooks, textbooks for the local children are highly appreciated and can be bought in Kathmandu before departing for the camp. Requirement Positive attitude, respect and an open mind are all that is required

Accommodation: Simple accommodation in a local family. This is great way to gain an insight view into the Nepalese culture and enjoy the friendliness of the people here. Volunteers will have three traditional meals a day, mostly the Nepalese national dish *Dhal Bhat* and take part in the cooking process and all chores. It is also possible to bring own food. A camping pad and sleeping bag are required. Showers with cold water are available in your place.

Fee: Participation fee 275 €

Office registration:50 Project donation:50 food and acomodation:150 local transpotation:25

Language: English

Location: Daman

How to Travel : All the volunteers will travelling together with our camp leaders so please kindly arrive in Kathmandu one day early before the project start and you also have a better chance to exploring in Kathmandu before the meeting time.

Extra activities : If anyone like to explore Nepal before and after the project we will also help you to find good company for your traveling arrangement in Nepal upon your request but it is not compulsory

Living arrangement: we will recommend you to stay at hotel Hanna in Thamel and they will charge 10 euro for the single room if anyone like to stay more luxurious hotel also available upon their budget they can also chose best place but they need to come at meeting time

Note : Arriving date, time and flight number should be given to us at least one week before your arrival, because we have to manage the hotel and transportation in time.

Insurance : Health insurance, and emergency medicine etc.

Camp leaders : 1.Mr. Salik Ram Bartaula Contact number +977-9845-032447



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Kathmandu International work camp 2023/24

SN	Date	Type of work	Camp code	M	F	Free place	Remarks
01	16-30/06/2023	Agro/Edu	KTM-01	8	8	16	
02	16-30/07/2023	Agro/Edu	KTM-02	8	8	16	
03	16-30/08/2023	Agro/Edu	KTM-03	8	8	16	
04	16-30/11/2023	Agro/Edu	KTM-04	8	8	16	
05	16- 29/12/023	Agro/Edu	KTM-05	8	8	16	
06	16- 29/01/024	Agro/Edu	KTM-06	8	8	16	
07	16- 29/01/024	Agro/Edu	KTM-07	0	0	15	

<p>Summary The goal is to provide the local population with access to organic agriculture Background There are big issues concerning the use of chemical products in agriculture, such as Pesticides. These kinds of chemicals affect public health. The goal is to provide the local population with an alternative way of sustaining themselves while involving the Whole family in the work and providing healthier food options. Work - Nursery to grow plants and crops - Teaching the local population how to plant and grow healthy vegetation - We will be providing different kinds of seeds, which can be shared with other families as well to provide a means of sustenance Accommodation: Simple accommodations with a local family. Volunteers will enjoy three traditional meals a day, mostly the Nepalese traditional Dhal Bhat and Tarkari, and take turns in Cooking and doing chores. Showers are available with cold water. Other activities In the evening we will be discussing about different topics, such as liberty of Expression, women empowerment, peace and so on. Volunteers will enjoy two days off each week. Kathmandu offers a wide variety of amenities, such as restaurants with Wi-Fi, pharmacies, grocery stores, shopping Opportunities. Kathmandu, also known as the City of Temples, is home to many UNESCO Cultural Heritage Sites.</p>
<p>Location The work camp is 13 km away from the Kathmandu airport ad 7 km away from the Thamel area (city central district), in a small village. What to bring : Souvenirs for children from your home country, seasonal clothing, sleeping bag, camping sleeping pad, work gloves, trekking shoes, mosquito net, mosquito repellent, music, reading material, pictures of your home country Requirement: Positive attitude, respect and an open mind are all that is required Language English</p>
<p>Fee: Participation fee 275 €</p>
<p>Language: English</p>
<p>Meeting point: 1:00 PM at Hotel Hanna Thammel Kathmandu</p>
<p>Airport pick : 1. We will pick up our volunteers from the Tribhuvan International airport in Kathmandu according to the arrival information. (please kindly let us know your flight detail in time we will manage your travelling arrangement in Nepal) 2. The person who don't need pick up from the airport they can directly come to the Hotel Hanna Thamel by using airport prepaid taxi or orientation time. How to Travel : All the volunteers will travelling together with our camp leaders so please kindly arrive in Kathmandu one day before the project start if he or she come late they both have to manage their travelling to the project FFN staff will only help you to catch right transportation.</p>
<p>Extra activities : If anyone like to explore Nepal before and after the project we will also help you to find good company for your traveling arrangement in Nepal upon your request but it is not compulsory Living arrangement: we will recommend you to stay at hotel Hanna in Thamel and they will charge 10 euro for the single room if anyone like to stay more luxurious hotel also available upon their budget they can also chose best place but they need to come at meeting time</p>
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