

**Friendship Foundation Nepal  
(FFN)**



*“Volunteers do not necessarily have the time; they have the heart.”*

—  
**Elizabeth Andrew**

**Friendship Foundation Nepal (FFN)**

post box no 11276, Prayasnagar Kathmandu Nepal. Email: [nifcnepal@gmail.com](mailto:nifcnepal@gmail.com)/[www.theffn.org](http://www.theffn.org)

## Contents

(1) INTRODUCTION .....	3
1.1 Background .....	3
(1.2) Friendship Foundation Nepal .....	4
(1.3) Goals .....	4
(1.4) What to bring: .....	5
(1.5) Extra activities: .....	5
(1.6) Pick up and traveling: .....	5
(1.7) Accommodation and food: .....	5
(1.8) Special notes.....	6
(1.9) International work camp in Nepal .....	6
(2) PROJECT DESCRIPTIONS .....	7
(2.1) Banepa Work Camps.....	7
(2.2) Daman International work camp .....	8
(2.3) Pokhara International work camp.....	8
(2.4) Lumbini International Work Camp.....	9
(2.5) Kathmandu International workcamp .....	
(3) Contact Us .....	10
(4) PICTURES .....	11

## **(1) INTRODUCTION**

### **1.1 Background**

Volunteering in Nepal has a rich and long history, with a focus on community service, social work, and cultural exchange. Volunteering in Nepal began to gain momentum in the 1950s and 1960s, with the arrival of various international aid agencies and organizations in the country. Many of these organizations focused on development work, such as building schools and hospitals, providing healthcare and education, and supporting economic growth in rural areas. In the 1970s and 1980s, volunteer organizations worldwide began to send volunteers to Nepal to work on various projects. Many of these volunteers worked on community development projects, such as building schools and infrastructure, supporting local agriculture, and providing healthcare and education to underserved communities.

Since then, volunteering in Nepal has continued to grow, with diverse volunteer opportunities available, including environmental conservation, disaster relief, and cultural exchange programs. Volunteers can participate in various projects, ranging from teaching English to disadvantaged children, working on conservation projects in national parks, and providing medical assistance in rural areas. Volunteering in Nepal is often seen as a way to positively impact the community, gain valuable skills and experience, and learn about Nepali culture and traditions. It is also an opportunity for volunteers to meet new people, make friends, and develop a deeper understanding of Nepal's challenges and opportunities.

## **(1.2) Friendship Foundation Nepal**

FFN (Friendship Foundation Nepal) was established in 1991 to introduce Nepal to the world through international cooperation and promote its development through volunteering work. The organization's focus on creating a better understanding and friendship among world citizens through volunteering is valuable for building bridges between cultures and promoting global citizenship. Volunteering work can be an effective means of promoting cross-cultural understanding and cooperation. Volunteers can gain a deeper appreciation of Nepali culture and traditions by working alongside local communities while sharing their experiences and perspectives. Volunteering can also help to build trust and friendship between people from different backgrounds, leading to a more peaceful and harmonious world. Ranging from two weeks up to 10 months depending on the project, FFN has hosted more than 3000 volunteers from all over the world so far

FFN's commitment to volunteering work in Nepal is commendable, as it can contribute to the country's development and promote positive change. By collaborating with local organizations and communities, FFN can identify the most pressing needs and work together to implement sustainable solutions.

## **(1.3) Goals**

We don't have simply one goal but we have various goals some are given below:

- Coordinate relief efforts and activities in disaster-affected areas.
- To assist in the development and construction programs.
- Organize environmental-friendly activities and minimize the consequences of natural disasters.

- To extend the concept of friendship and cooperation among Nepali youth.
- To discover and preserve cultural heritage sites and art to organize Nepali culture-related activities, to make Nepali culture known to the world.

#### **(1.4) what to bring:**

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

#### **(1.5) Extra activities:**

If anyone would like to explore Nepal before and after the project, we will also help you find a good company for your traveling arrangements in Nepal upon your request but it is not compulsory.

#### **(1.6) Pick up and traveling:**

We will pick up our volunteer from Tribhuvan International Airport on time on the information that will be provided to us. If volunteers want to come individually then you can come directly to the location. All the volunteers will travel together with our camp leaders so please kindly arrive in Kathmandu one day before the project starts if he or she comes late they both have to manage their travelling to the project FFN staff will only help you to catch the right transportation.

#### **(1.7) Accommodation and food:**

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 Cooking and doing chores. Showers are available with cold water.

## (1.8) Special notes

To attain camp candidate should be 18+. Nepalese people are very sensitive, so you are not allowed to have sex in our work camp. No drugs or marijuana either. Otherwise, you will be asked to leave the camp without excuse. Try to be respectful to each other.

## (1.9) International work camp in Nepal

SN	Camp location	Date	Type of work	Remarks
FFN-01	Banepa	01-14/05/2024	Community forest	BNp-01
FFN-02	Makwanpur	16-30/05/2024	Education	MAK-01
FFN-03	Banepa	01-14/06/2024	Community forest	BNp-02
FFN-04	Makwanpur	16-30/06/2024	Physical/manual	MAK-02
FFN-05	Banepa	01-14/07/2024	Community forest	BNp-03
FFN-06	Makwanpur	16-30/07/2024	Education	MAK-03
FFN-07	<b>Lumbini</b>	<b>01-14/08/2024</b>	<b>WORLD PEACE</b>	LUM-01
FFN-08	Makwanpur	16-30/08/2024	Plantation/education	MAK-04
FFN-09	Banepa	01-14/08/2024	Community forest	BNp-04
FFN-10	Banepa	01-14/09/2024	Community forest	BNp-05
FFN-11	Makwanpur	16-30/09/2024	Agriculture/physical	MAK-05
FFN-12	Pokhara	20-30/09/2024	Elders home/physical	Pok-01
FFN-13	Lumbini	16-30/09/2024	Painting and decoration of class room	LUM-02
FFN-14	Kathmandu	01-14/10/2024	Education/physical	Kath-01
FFN-15	Pokhara	20-30/10/2024	Elder's home	POK_02
FFN-16	Kathmandu	01-14/11/2024	Women/empowerment	Kath-02
FFN-17	Makwanpur	16-30/11/2024	Education/Physical	MAK-06
FFN-18	Kathmandu	01-14/12/2024	Education /women empowerment	Kath-03
FFN-19	Makwanpur	20/12/2024 to 03/01/2025	Christmas and New Year	MAK-07
FFN-20	Pokhara	20-30/01/2025	Elder's home	POK_02
FFN-21	Pokhara	01-10/02/2025	Elder's home	POK_03

FFN-22	Makwanpur	16-30/02/2025	Agriculture/physical	MAK-08
FFN-23	Banepa	01-14/03/2025	Forest community	BNp-06
FFN-24	Kathmandu	01-14/04/2025	Education	Kath-04

## (2) PROJECT DESCRIPTIONS

### (2.1) Banepa Work Camps

<b>Introduction</b>	Banepa is a municipality and historical town in a valley situated about 1,500 m above sea level in central Nepal, about 25 kilometers east of Kathmandu, and at the time of the 2011 Nepal census had a population of 55,528.
<b>Work</b>	<ul style="list-style-type: none"> <li>• Build a water tank and well to provide clean water access for the community.</li> <li>• Construct senior homes and organize daily activities, such as creating a garden, to support aging community members. Help women prepare for the job market.</li> <li>• Develop the community house by creating a rooftop meeting space.</li> <li>• Create a fire line (fire break) surrounding the community forest.</li> <li>• Reconstruct the Hindu temple in Banepa village.</li> <li>• Construct a wall around the local primary school.</li> <li>• Repair wooden shelters for the local community.</li> </ul>
<b>Language</b>	English
<b>Fee</b>	Participation fee 275 € (Office registration:50 Project donation:50 food and accommodation:150 local transportation:25)

## (2.2) Makwanpur (Daman) International Work Camp

Introduction	Daman is a village located in the Makwanpur District of the Bagmati Zone in central Nepal. It is situated at about 2,322 meters (7,620 feet) above sea level. Daman is renowned for its panoramic views of the Himalayan Mountain range, providing visitors with stunning vistas of peaks like Annapurna, Manaslu, Ganesh Himal, Langtang, Dorje Lakpa, and others on clear days.
Work	<ul style="list-style-type: none"><li>• Physical and Educational</li><li>• Construction or manual</li><li>• Painting and decoration of class rooms</li><li>• Agriculture</li></ul>
Language	<ul style="list-style-type: none"><li>• English</li></ul>
Fee	Participation fee 275 € (Office registration:50 Project donation:50 food and acomondation:150 local transpotation:25)

## (2.3) Pokhara International work camp

Introduction	Pokhara is located 200 kilometers (120 miles) west of the capital, Kathmandu. The city is on the shore of Phewa Lake, and sits at an elevation of approximately 822m. It is the country's largest metropolitan city in terms of area. The city also serves as the headquarters of Kaski District. Radha Krishana Elders home is located on the way to pkhara city 25kilometer before the city center most of the volunteers are warmly welcome to work for elders home There are so many physical work need to done.
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Work	<ul style="list-style-type: none"> <li>• Physical and manual work</li> <li>• Construction work</li> <li>• Cleaning the elders home</li> <li>• Making food</li> <li>• Culture exchange</li> <li>• Many more .....!!!</li> </ul>
Language	English
Fee	Participation fee 275 € (Office registration:50 Project donation:50 food and acomondation:150 local transpotation:25)

## (2.4) Lumbini International work camp

<i>Introduction</i>	Balmiki Higher secondary school which is located Bardgarh municipality ward no: 01 Punarbash Lumbini province Nepal we are going to organized different type of programme for the International volunteers who will join international world peace programme in Nepal. World peace programme will be focus to stop using new clears weapon against the human being is very harmful so we like to give peace message all over the world
Work	<ul style="list-style-type: none"> <li>• Painting and decoration of classrooms</li> <li>• Teaching subjects such as English or Sports to students</li> <li>• Sharing information about environmental awareness with villagers</li> </ul>
Language	English
Fee	Participation fee 275 € (Office registration:50 Project donation:50 food and acomondation:150 local transpotation:25)

## (2.5) Kathmandu International work camp

### **Introduction**

The goal is to provide the local population with an alternative way of sustaining themselves while involving the whole family in organic agriculture and providing healthier food options. The volunteers will be involved in agriculture, working in a nursery to grow new and improved varieties of vegetables and crops. We will teach the local population how to plant and grow healthy produce. We will also provide a variety of different seeds which will be distributed to local families so that they can be used effectively to provide sustenance. In the evening, we will be discussing different topics, such as freedom of expression, women empowerment, peace, etc. with the local people.

Work	<ul style="list-style-type: none"> <li>• The project will take place in a small village in Kathmandu district, 7 km from Thamel, the center of Kathmandu. Most local people live off agriculture. The issue is with the chemicals that are used in agriculture and their harmful effect on public health.</li> <li>• Renovation of classrooms</li> <li>• Teaching subjects such as English or Sports to students Sharing information about environmental awareness with villagers</li> </ul>
Language	English
Fee	Participation fee 275 € (Office registration:50 Project donation:50 food and acomondation:150 local transpotation:25)

### (3) Contact Us

#### **Frinendship Foundation Nepal (FFN)**

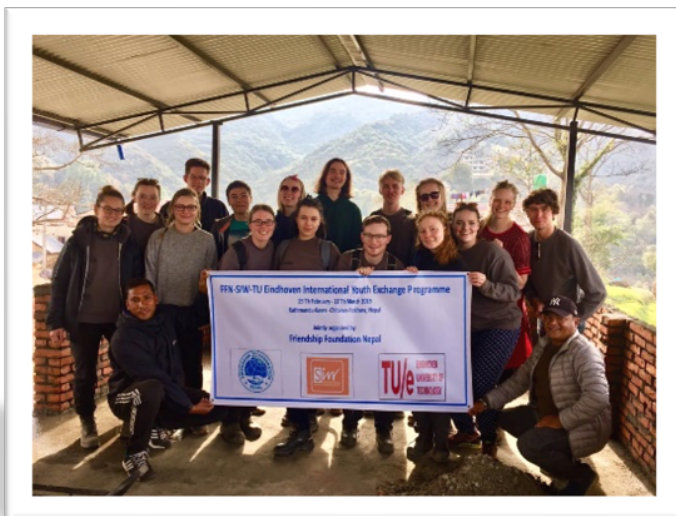
Tokha7, Prayasnagar, Kathmandu Nepal

Telephone: +977-9851047543/9841278216

E-mail: nifcnepal@gmail.com

Website: www.theffn.org

### (4) PICTURES



indat  
Nepal

