

## **34 years of excellence for the International Voluntary Service in Nepal.**

### **Long and Medium Term Voluntary programme 2025**

#### **FFN/LMTV-01 English Teaching**

##### **Summary**

Due to a lack of education and properly trained teachers, the situation in underdeveloped countries like Nepal is particularly delicate. To address this issue, we have devised the “Volunteer Teaching Program,” which includes various projects such as Teacher Development and English Teaching for public schools and Buddhist monasteries. English, being an international language, is regarded as an essential skill to compete and succeed in the global job market. Students at community/public schools often lack proficiency in English, which hampers their prospects. Teaching volunteers will help students and teachers at these schools improve their English proficiency. The English Teaching project allows children to practice their spoken English skills and develop proficiency in the language, enabling them to access a broader range of literature and resources available online.

##### **Background**

Nepal is an underdeveloped country. Years of political conflict, poverty, and lack of education have hindered Nepalese people from accessing opportunities they deserve. At the Friendship Foundation Nepal (FFN), we believe it is our responsibility to help improve these conditions, although meaningful changes take time. To better a society, you must first immerse yourself in it. Experiencing the local conditions firsthand allows you to teach, share, and interact effectively, leaving a lasting impact on the community. Living with a local family and adapting to the Nepali lifestyle can also leave a lasting impression on you.

##### **Work**

Volunteers primarily teach English to children aged 6 to 15 years. However, as schools often face a shortage of teachers, volunteers may also teach Math, Science, and Computer Science. In Nepal, school hours are from 10 AM to 4 PM. Volunteers will teach 3-5 classes daily, with each class lasting 45 minutes. Saturdays are holidays, and Fridays are half-days. When not at school, you’ll share everyday life with your host family.

##### **Accommodations**

Volunteers will live with a Nepali family near the school, experiencing their hospitality and unique lifestyle. You’ll be welcomed as a member of the family and local community. At least one family member will speak English. Nepali homes are simple, with basic facilities (squat toilet, shower, kitchen, etc.). While most families do not have hot showers, many have Western-style toilets. You will have your own room, and the family will respect your privacy. To make the most of your stay, we encourage you to interact and socialize with your host family and participate in their daily activities. In rural areas, many families grow their own vegetables and keep livestock such as cows, buffaloes, goats, or chickens. Meals will be provided twice a day: breakfast around 9-10

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AM and dinner around 7-8 PM. Tea is the most popular beverage in Nepal and will often be offered during visits to families.

### **Program Duration**

Long-term volunteering lasts 2 to 5 months. As adjusting to a different lifestyle takes time, we recommend staying as long as possible. The program begins on the first Friday of every month.

### **Location**

Accommodations are available throughout Nepal. Based on your interests, you can choose to stay in a variety of settings, from secluded villages where people live traditionally and farm for sustenance to more urban areas like Kathmandu or Pokhara, which offer a modern Nepali experience.

### **What to Bring**

- Seasonal clothing
- Sleeping bag
- Comfortable shoes
- Mosquito net
- Music player, reading material, and photographs from your country
- Pencils, pens, notebooks, and textbooks for children (can be purchased affordably in Kathmandu)

### **Pre-Project Orientation**

We strongly recommend attending a 3-day orientation seminar at the Training Center in Kathmandu before starting the project. The seminar covers Nepal's education system, culture, dress, food, project details, Nepali language classes, and more. It starts on the first Monday of each month but can be adjusted to fit your travel plans. During orientation, you'll stay at our dormitory in Kathmandu with other volunteers, eat with FFN staff, and enjoy a cultural and heritage tour of a UNESCO World Heritage Site.

### **Requirements**

- Minimum age: 18 years
- No formal education required, but relevant qualifications are appreciated
- Positive attitude, respect, open-mindedness, and an interest in Nepali culture

### **Safety Guidelines**

1. Carry personal medication, as medical facilities may be distant.
2. Avoid walking alone at night or in isolated areas.
3. Exercise caution near rivers and avoid strangers not introduced by FFN or your host family.
4. Share your host family's contact information with someone at home.
5. Avoid alcohol or drugs, as they may be culturally sensitive.

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6. Seek permission before entering private areas like prayer rooms or kitchens.
7. Communicate openly with your host family about your needs.
8. Notify your host family if eating out, at least 2-3 hours in advance.
9. Conserve resources, including electricity.
10. Keep your room tidy and secure.
11. Wash your own clothes and dishes.

### Fees

- **Registration Fee:** €250 (paid at FFN office, covers airport pickup/drop-off, 3-day orientation, and transport to/from the camp)
- **Monthly Fee:** €200 (paid to the local coordinator or FFN, covers meals and accommodation during your stay)

### Language

English

### FFN/LMTV-02 Art and Craft

#### Summary

Do you want to live and experience the authentic Nepal? Discover entirely new lifestyles? Make a difference? Long Term Volunteering makes all these things possible, and more. Background Nepal is an underdeveloped country. Years of political conflict, poverty and lack of education have prevented the Nepalese people from getting the chances they deserve. At the Friendship Foundation Nepal (FFN), we believe it's our responsibility to help and try to improve those conditions, but improvements take time. To better a society you must first live in it. In order to change a country's conditions you must first experience those conditions firsthand. Only after experiencing them you can share your knowledge through teaching, sharing and interacting, which can in turn have a lasting effect on the local population. You might discover that living with a local family and adjusting to the Nepali lifestyle will have a lasting effect on you too. Work mainly, the volunteer will be teaching Art Education to children between 6 and 15 years of age. However, since schools are always in need of teachers, it's possible for the volunteer to also teach English, Math and Science. In Nepal school goes from 10 am to 4 pm. The volunteer will teach 3-5 classes each day, with each class lasting 45 minutes. Saturdays are holidays, and Fridays are half-holidays. When not in school, you'll share your everyday life with the host family.

#### Accommodations:

You will live with a Nepali family close to the school, and experience their hospitality, friendliness and immerse yourself in their unique lifestyle. You'll be welcomed as a member of the family and of the local community. At least one

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member of the family will speak English. Nepali houses are simple, with basic facilities (squat toilet, shower, kitchen, etc). Most families DO NOT have hot showers, but most of them have western style toilets. Just don't expect to find the same facilities as in your home country. You'll get your own room and the family will respect your privacy. In order to make the most of your experience in Nepal, we encourage to interact and socialize as much as possible with your host family and take part in their daily activities. You'll find cities to be more similar to your country, while in the countryside many Nepalis grow their own vegetables and typically own cows, buffalos, goats or chickens. You will be served food twice a day: breakfast around 9-10 am and dinner around 7-8 pm. You'll soon realize that tea is the most popular beverage in Nepal: whenever you visit a family you'll be offered a cup. When and for how long? Long term volunteering lasts 2 to 5 months. It takes some time to get used to the different lifestyle, so we advise to stay for as long as possible. Camps start the first Monday of every month. Location we provide living all over Nepal. Depending on your interest and willingness, you can choose to stay in a variety of different places: in or around the Kathmandu Valley, Pokhara, Tanahun, Lamjung, Chitwan, Makwanpur or Nawalparasi. You could stay in a secluded village, where people live in a more traditional way and provide for themselves through farming, which is also a great opportunity to explore the real rural Nepal, or you could opt for a more urban and modern Nepal experience in one of the bustling and fast-growing cities, like Kathmandu or Pokhara. What to bring Seasonal clothing, sleeping bag, comfortable shoes, mosquito net, music player, reading material, photographs from your country. Also art related material is appreciated. Pencils, pens, notebooks and textbooks for the kids are also greatly appreciated, and can be bought for a reasonable price in Kathmandu prior to your departure. Before the project Before your project starts, we strongly advise that you attend our 3-day orientation seminar at the Training Center in Kathmandu, which aims to provide basic knowledge about the Nepalese education system, culture, dress, food, as well as detailed information about the project, the school, Nepali language classes and much more. The orientation seminar starts on the first Monday of every month, but can be arranged according to each volunteer's travel itineraries. During the orientation you'll be staying at our dormitory in Kathmandu along with the other volunteers waiting to go to their respective placements. Every morning and evening you'll eat together with FFN staff. Requirements Volunteers must be at least 18yo. No formal education is required, but relevant qualifications are very much appreciated. Positive attitude, respect and an open mind are obviously very important, as well as an interest in discovering the Nepali culture.

### **Safety issues**

Nepal is a very safe country, and at the moment there is NO political conflict. Even during the conflict, Nepal was ever unsafe for volunteers; we hosted several volunteers from around the world during that period. All our long term projects are located in safe areas. You will stay with families that have hosted volunteers before, and you will be regularly in contact with FFN members. However, problems or misunderstandings may arise if you're not respectful of the culture you'll be living in. Below are some important points to take into consideration:

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1. you might stay in places where medical facilities are not as close as you're used to.
  2. Don't walk alone at night, and bring someone trustworthy if you ever feel unsafe.
  3. Don't walk alone in forests or any other isolated areas. Be careful near rivers, as they usually have strong currents. Don't go around with strangers, or people who were not introduced by FFN or the host family. Don't carry around huge amounts of money.
  4. Write down the contact information of the family you'll be staying with (host father's name, address and phone number) and share it with someone in your home country.
  5. Avoid alcohol or drugs, as the host family might be culturally sensitive towards those things.
  6. Don't enter the host family's praying room or the kitchen without permission.
  7. Communicate; feel free to talk with your host family about any discomfort or problems you may have regarding your stay, room and food (tell your host family about your likes and dislikes, and let them know whether you're vegetarian or not).
  8. Don't forget to tell your host family if you're planning to eat out at least 2-3 hours before
  9. Don't leave lights on in your room. Resources are very scarce in Nepal.
  10. Keep your room tidy and clean.
  11. Ask permission to your host family before using bicycles, radios, soap, detergents, TV's or books that may be in your room (repair or fix items you may accidentally break).
  12. Keep your room locked every time you're out or away from home.
  13. Wash your own clothes and plates.
  14. Don't expect any western food when staying with your host family.
  15. All modern means of communication are available in Nepal (internet, phone, etc.); prepaid mobile SIM cards are easily available, but in the countryside reception is not always great. Maximum number of volunteers 1 at a time
- Fee

Office registration fee: 250€ - To be paid at the FFN office, covers airport pick up and drop off, 3 days orientation in Kathmandu, transportation from Kathmandu to the camp and back.

Extra fee: 200€/month for the family - To be paid either to the local coordinator or to the FFN, covers meals and accommodation during your stay with host family in Nepal.

Language: English

### **FFN/LMTV-03 Child Care**

#### **Summary**

Are you interested in teaching, helping and improving the lives of orphans? Our long term orphanage volunteering project is the right choice! A long history of political conflict has left many Nepali children in very unfortunate situations. At FFN, we believe it to be our responsibility to help and try to make their lives

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better. Through highly rewarding but emotionally challenging volunteering work you can take part in shaping a better future for those orphans.

### **Background**

Nepal is an underdeveloped country. Years of political conflict, poverty and lack of education have prevented the Nepalese people from getting the chances they deserve. At the Friendship Foundation Nepal (FFN), we believe it's our responsibility to help and try to improve those conditions, but improvements take time. To better a society you must first live in it. In order to change a country's conditions you must first experience those conditions firsthand. Only after experiencing them you can share your knowledge through teaching, sharing and interacting, which can in turn have a lasting effect on the local population. You might discover that living with a local family and adjusting to the Nepali lifestyle will have a lasting effect on you too. Work Volunteers will take care of the children, helping them with their homework, chatting and playing with them, play sports, music and games. When the children leave for school, you'll be accompanying them. In the school, volunteers will mainly be teaching Basic English to children aged 6 to 15. However, since schools are always in need of teachers, volunteers may also teach Math, Science and Computer Science. In Nepal school goes from 10am to 4pm. Volunteers will teach 3 to 5 classes per day, each class lasting 45 minutes. Saturdays are holidays, and Fridays are half-holidays. On Saturdays volunteers are more than welcome to explore the area and go sightseeing.

### **Accommodations:**

You will live with a Nepali family close to the school, and experience their hospitality, friendliness and immerse yourself in their unique lifestyle. You'll be welcomed as a member of the family and of the local community. At least one member of the family will speak English. Nepali houses are simple, with basic facilities (squat toilet, shower, kitchen, etc). Most families DO NOT have hot showers, but most of them have western style toilets. Just don't expect to find the same facilities as in your home country. You'll get your own room and the family will respect your privacy. In order to make the most of your experience in Nepal, we encourage to interact and socialize as much as possible with your host family and take part in their daily activities. You'll find cities to be more similar to your country, while in the countryside many Nepalis grow their own vegetables and typically own cows, buffalos, goats or chickens. You will be served food twice a day: breakfast around 9-10 am and dinner around 7-8 pm. You'll soon realize that tea is the most popular beverage in Nepal: whenever you visit a family you'll be offered a cup.

### **When and for how long?**

Long term volunteering lasts 2 to 5 months. It takes some time to get used to the different lifestyle, so we advise to stay for as long as possible. Camps start on the first Monday of every month. Location FFN cooperates with orphanages in and around the Kathmandu Valley, in Besisar and in Kaski, Pokhara. These locations offer great opportunities to experience the more urban and modern

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side of Nepal by exploring the bustling and fast-growing Kathmandu, Besisahar and Pokhara. What to bring: Seasonal clothing, sleeping bag, comfortable shoes, mosquito net, music player, reading material, photographs from your country. Pencils, pens, notebooks and textbooks for the kids are also greatly appreciated, and can be bought for a reasonable price in Kathmandu prior to your departure. Before the project: Before your project starts, we strongly advise that you attend our 3-day orientation seminar at the Training Center in Kathmandu, which aims to provide basic knowledge about the Nepalese education system, culture, dress, food, as well as detailed information about the project, the school, Nepali language classes and much more. The orientation seminar starts on the first Monday of every month, but can be arranged according to each volunteer's travel itineraries. During the orientation you'll be staying at our dormitory in Kathmandu along with the other volunteers waiting to go to their respective placements. Every morning and evening you'll eat together with FFN staff. Requirements: Volunteers must be at least 18yo. No formal education is required, but relevant qualifications are very much appreciated. Positive attitude, respect and an open mind are obviously very important, as well as an interest in discovering the Nepali culture.

### **Safety issues**

Nepal is a very safe country, and at the moment there is NO political conflict. Even during the conflict, Nepal was ever unsafe for volunteers; we hosted several volunteers from around the world during that period. All our long term projects are located in safe areas. You will stay with families that have hosted volunteers before, and you will be regularly in contact with FFN members. However, problems or misunderstandings may arise if you're not respectful of the culture you'll be living in. Below are some important points to take into consideration:

1. You might stay in places where medical facilities are not as close as you're used to.
2. Don't walk alone at night, and bring someone trustworthy if you ever feel unsafe.
3. Don't walk alone in forests or any other isolated areas. Be careful near rivers, as they usually have strong currents. Don't go around with strangers, or people who were not introduced by FFN or the host family. Don't carry around huge amounts of money.
4. Write down the contact information of the family you'll be staying with (host father's name, address and phone number) and share it with someone in your home country.
5. Avoid alcohol or drugs, as the host family might be culturally sensitive towards those things.
6. Don't enter the host family's praying room or the kitchen without permission.
7. Communicate; feel free to talk with your host family about any discomfort or problems you may have regarding your stay, room and food (tell your host family about your likes and dislikes, and let them know whether you're vegetarian or not).
8. Don't forget to tell your host family if you're planning to eat out at least 2-3 hours before

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9. Don't leave lights on in your room. Resources are very scarce in Nepal.
10. Keep your room tidy and clean.
11. Ask permission to your host family before using bicycles, radios, soap, detergents, TV's or books that may be in your room (repair or fix items you may accidentally break).
12. Keep your room locked every time you're out or away from home.
13. Wash your own clothes and plates.
14. Don't expect any western food when staying with your host family.
15. All modern means of communication are available in Nepal (internet, phone, etc); Prepaid mobile SIM cards are easily available, but in the countryside reception is not always great. Maximum number of volunteers Up to 2 volunteers.

### **Fee**

**Office registration fee:** 250€/ To be paid at the FFN office, covers airport pick up and drop off, 3 days orientation in Kathmandu, transportation from Kathmandu to the camp and back.

**Extra fee:** 200€/ month for the family - To be paid either to the local coordinator or to the FFN, covers meals and accommodation during your stay in Nepal.

**Language:** English

## **FFN/LMTV-04 Women Empowerment**

### **Summary**

The socio-economic status of women in Nepal is very poor. They face discrimination in every aspect of society. Most Nepali women, especially in rural areas, do not have their own identity and are generally known by their husband's identity. These women are regarded as economically unproductive and don't have any role in decision making. With this program we want to support the empowerment of women in Nepal, and help them become adequately and appropriately educated about their rights. Background Nepal is an underdeveloped country. Years of political conflict, poverty and lack of education have prevented the Nepalese people from getting the chances they deserve. At the Friendship Foundation Nepal (FFN), we believe it's our responsibility to help and try to improve those conditions, but improvements take time. To better a society you must first live in it. In order to change a country's conditions you must first experience those conditions firsthand. Only after experiencing them you can share your knowledge through teaching, sharing and interacting, which can in turn have a lasting effect on the local population. You might discover that living with a local family and adjusting to the Nepali lifestyle will have a lasting effect on you too. Work Volunteers in this project will conduct various trainings, hands-on activities, income generation and skill development workshops, documentation, etc.

### **Accommodations**

You will live with a Nepali family close to the school, and experience their hospitality, friendliness and immerse yourself in their unique lifestyle. You'll be welcomed as a member of the family and of the local community. At least one member of the family will speak English. Nepali houses are simple, with basic



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facilities (squat toilet, shower, kitchen, etc). Most families DO NOT have hot showers, but most of them have western style toilets. Just don't expect to find the same facilities as in your home country. You'll get your own room and the family will respect your privacy. In order to make the most of your experience in Nepal, we encourage to interact and socialise as much as possible with your host family and take part in their daily activities. You'll find cities to be more similar to your country, while in the countryside many Nepalese grow their own vegetables and typically own cows, buffalos, goats or chickens. You will be served food twice a day: breakfast around 9-10 am and dinner around 7-8 pm. You'll soon realize that tea is the most popular beverage in Nepal: whenever you visit a family you'll be offered a cup.

### **When and for how long?**

Long term volunteering lasts 2 to 5 months. It takes some time to get used to the different lifestyle, so we advise to stay for as long as possible. Camps start on the first Monday of every month.

**Location:** We provide living accommodations all over Nepal. Depending on your interest and willingness, you can choose to stay in a variety of different places: in or around the Kathmandu Valley, Pokhara, Tanahun, Lamjung, Chitwan, Makwanpur or Nawalparasi. You could stay in a secluded village, where people live in a more traditional way and provide for themselves through farming, which is also a great opportunity to explore the real rural Nepal, or you could opt for a more urban and modern Nepal experience in one of the bustling and fast-growing cities, like Kathmandu or Pokhara.

**What to bring:** Seasonal clothing, sleeping bag, comfortable shoes, mosquito net, music player, reading material, photographs from your country. Before the project Before your project starts, we strongly advise that you attend our 3-day orientation seminar at the Training Center in Kathmandu, which aims to provide basic knowledge about the Nepalese education system, culture, dress, food, as well as detailed information about the project, the school, Nepali language classes and much more. The orientation seminar starts on the first Monday of every month, but can be arranged according to each volunteer's travel itineraries. During the orientation you'll be staying at our dormitory in Kathmandu along with the other volunteers waiting to go to their respective placements. Every morning and evening you'll eat together with FFN staff. Also, a full day culture and heritage tour in Kathmandu is included, to visit a UNESCO World Heritage Site.

**Requirements:** Volunteers must be at least 18 years. No formal education is required, but relevant qualifications are very much appreciated. Positive attitude, respect and an open mind are obviously very important, as well as an interest in discovering the Nepali culture.

**Safety issues:** Nepal is a very safe country, and at the moment there is NO political conflict. Even during the conflict, Nepal was ever unsafe for volunteers; we hosted several volunteers from around the world during that period. All our long term projects are located in safe areas. You will stay with families that have hosted volunteers before, and you will be regularly in contact with FFN members. However, problems or misunderstandings may arise if you're not respectful of the

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culture you'll be living in. Below are some important points to take into consideration:

1. You might stay in places where medical facilities are not as close as you're used to.
2. Don't walk alone at night, and bring someone trustworthy if you ever feel unsafe.
3. Don't walk alone in forests or any other isolated areas. Be careful near rivers, as they usually have strong currents. Don't go around with strangers, or people who were not introduced by FFN or the host family. Don't carry around huge amounts of money.
4. Write down the contact information of the family you'll be staying with (host father's name, address and phone number) and share it with someone in your home country.
5. Avoid alcohol or drugs, as the host family might be culturally sensitive towards those things.
6. Don't enter the host family's praying room or the kitchen without permission.
7. Communicate; feel free to talk with your host family about any discomfort or problems you may have regarding your stay, room and food (tell your host family about your likes and dislikes, and let them know whether you're vegetarian or not).
8. Don't forget to tell your host family if you're planning to eat out at least 2-3 hours before.
9. Don't leave lights on in your room. Resources are very scarce in Nepal.
10. Keep your room tidy and clean.
11. Ask permission to your host family before using bicycles, radios, soap, detergents, TV's or books that may be in your room (repair or fix items you may accidentally break).
12. Keep your room locked every time you're out or away from home.
13. Wash your own clothes and plates.
14. Don't expect any western food when staying with your host family.
15. All modern means of communication are available in Nepal (internet, phone, etc.); prepaid mobile SIM cards are easily available, but in the countryside reception is not always great.

### Fee

**Office registration fee:** 250€/ - To be paid at the FFN office, covers airport pick up and drop off, 3 days orientation in Kathmandu, transportation from Kathmandu to the camp and back.

**Extra fee:** 200€/ /month - To be paid either to the local coordinator or to the FFN, covers meals and accommodation during your stay in Nepal.

**Language:** English

### FFN/LMTV-05 Computer Science

### Summary

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### **Background**

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### **Accommodations**

You will live with a Nepali family close to the school, and experience their hospitality, friendliness and immerse yourself in their unique lifestyle. You'll be welcomed as a member of the family and of the local community. At least one member of the family will speak English. Nepali houses are simple, with basic facilities (squat toilet, shower, kitchen, etc). Most families DO NOT have hot showers, but most of them have western style toilets. Just don't expect to find the same facilities as in your home country. You'll get your own room and the family will respect your privacy. In order to make the most of your experience in Nepal, we encourage to interact and socialize as much as possible with your host family and take part in their daily activities. You'll find cities to be more similar to your country, while in the countryside many Nepalese grow their own vegetables and typically own cows, buffalos, goats or chickens. You will be served food twice a day: breakfast around 9-10 am and dinner around 7-8 pm. You'll soon realize that tea is the most popular beverage in Nepal: whenever you visit a family you'll be offered a cup. When and for how long? Long term volunteering lasts 2 to 5 months. It takes some time to get used to the different lifestyle, so we advise to stay for as long as possible. Camps start the first Friday of every month. Location We provide living accommodations all over Nepal. Depending on your interest and willingness, you can choose to stay in a variety of different places: in or around the Kathmandu Valley, Pokhara, Tanahun, Lamjung, Chitwan, Makwanpur or Nawalparasi. You could stay in a secluded village, where people live in a more traditional way and provide for themselves through farming, which is also a great opportunity to explore the real rural Nepal, or you could opt for a more urban and modern Nepal experience in one of the bustling and fast-

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growing cities, like Kathmandu or Pokhara. What to bring Seasonal clothing, sleeping bag, comfortable shoes, mosquito net, music player, reading material, photographs from your country. Pencils, pens, notebooks and textbooks for the kids are also greatly appreciated, and can be bought for a reasonable price in Kathmandu prior to your departure. Before the project Before your project starts, we strongly advise that you attend our 3-day orientation seminar at the Training Center in Kathmandu, which aims to provide basic knowledge about the Nepalese education system, culture, dress, food, as well as detailed information about the project, the school, Nepali language classes and much more. The orientation seminar starts on the first Monday of every month, but can be arranged according to each volunteer's travel itineraries. During the orientation you'll be staying at our dormitory in Kathmandu along with the other volunteers waiting to go to their respective placements. Every morning and evening you'll eat together with FFN staff. Also, a full day culture and heritage tour in Kathmandu is included, to visit a UNESCO World Heritage Site. Requirements Volunteers must be at least 18yo. No formal education is required, but relevant qualifications are very much appreciated. Positive attitude, respect and an open mind are obviously very important, as well as an interest in discovering the Nepali culture.

### **Safety issues**

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3. Don't walk alone in forests or any other isolated areas. Be careful near rivers, as they usually have strong currents. Don't go around with strangers, or people who were not introduced by FFN or the host family. Don't carry around huge amounts of money.
4. Write down the contact information of the family you'll be staying with (host father's name, address and phone number) and share it with someone in your home country.
5. Avoid alcohol or drugs, as the host family might be culturally sensitive towards those things.
6. Don't enter the host family's praying room or the kitchen without permission.
7. Communicate; feel free to talk with your host family about any discomfort or problems you may have regarding your stay, room and food (tell your host family about your likes and dislikes, and let them know whether you're vegetarian or not).
8. Don't forget to tell your host family if you're planning to eat out at least 2-3 hours before

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11. Ask permission to your host family before using bicycles, radios, soap, detergents, TV's or books that may be in your room (repair or fix items you may accidentally break).
12. Keep your room locked every time you're out or away from home.
13. Wash your own clothes and plates.
14. Don't expect any western food when staying with your host family.
15. All modern means of communication are available in Nepal (internet, phone, etc.); prepaid mobile SIM cards are easily available, but in the countryside reception is not always great. Maximum number of volunteers 1 at a time

### **Fee**

**Office registration fee: 250€** - To be paid at the FFN office, covers airport pick up and drop off, 3 days orientation in Kathmandu, transportation from Kathmandu to the camp and back.

**Extra fee: 200€/month** – directly pay to the host family for three meal a day

**Language: English**

## **FFN/LMTV-06 Waste Management**

### **Summary**

Waste management has become a real problem for Nepal. The country lacks a proper education on the issue, and people are used to throwing trash around without regard for the environment. FFN instituted Waste Management programs with the purpose of raising the issue and educating Nepali people on the benefits of correct waste management, and achieving the goal of a clean Nepal by teaching them about composite and recycling.

### **Background:**

Nepal is an underdeveloped country. Years of political conflict, poverty and lack of education have prevented the Nepalese people from getting the chances they deserve. At the Friendship Foundation Nepal (FFN), we believe it's our responsibility to help and try to improve those conditions, but improvements take time. To better a society you must first live in it. In order to change a country's conditions you must first experience those conditions firsthand. Only after experiencing them you can share your knowledge through teaching, sharing and interacting, which can in turn have a lasting effect on the local population. You might discover that living with a local family and adjusting to the Nepali lifestyle will have a lasting effect on you too. Work Volunteers will work in schools, to teach children the correct ways of managing waste, and the benefits a correct waste management system.

### **Accommodations:**

You will live with a Nepali family close to the office, and experience their hospitality, friendliness and immerse yourself in their unique lifestyle. You'll be welcomed as a member of the family and of the local community. At least one member of the family will speak English. Nepali houses are simple, with basic

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facilities (squat toilet, shower, kitchen, etc.). Most families DO NOT have hot showers, but most of them have western style toilets. Just don't expect to find the same facilities as in your home country. You'll get your own room and the family will respect your privacy. In order to make the most of your experience in Nepal, we encourage to interact and socialize as much as possible with your host family and take part in their daily activities. You'll find cities to be more similar to your country, while in the countryside many Nepalese grow their own vegetables and typically own cows, buffalos, goats or chickens. You will be served food twice a day: breakfast around 9-10 am and dinner around 7-8 pm. You'll soon realize that tea is the most popular beverage in Nepal: whenever you visit a family you'll be offered a cup.

#### **When and for how long?**

Long term volunteering lasts 2 to 5 months. It takes some time to get used to the different lifestyle, so we advise to stay for as long as possible. Camps start the first Friday of every month. Location We provide living accommodations all over Nepal. Depending on your interest and willingness, you can choose to stay in a variety of different places: in or around the Kathmandu Valley, Pokhara, Tanahun, Lamjung, Chitwan, Makwanpur or Nawalparasi. You could stay in a secluded village, where people live in a more traditional way and provide for themselves through farming, which is also a great opportunity to explore the real rural Nepal, or you could opt for a more urban and modern Nepal experience in one of the bustling and fast-growing cities, like Kathmandu or Pokhara. What to bring Seasonal clothing, sleeping bag, comfortable shoes, mosquito net, music player, reading material, photographs from your country. Material such as pens, pencils, notebooks and textbooks for local kids would be greatly appreciated, and can be bought for a reasonable price in Kathmandu before departing for the camp. Before the project Before your project starts, we strongly advise that you attend our 3-day orientation seminar at the Training Center in Kathmandu, which aims to provide basic knowledge about the Nepalese education system, culture, dress, food, as well as detailed information about the project, the school, Nepali language classes and much more. The orientation seminar starts on the first Monday of every month, but can be arranged according to each volunteer's travel itineraries. During the orientation you'll be staying at our dormitory in Kathmandu along with the other volunteers waiting to go to their respective placements. Every morning and evening you'll eat together with FFI staff. Also, a full day culture and heritage tour in Kathmandu is included, to visit a UNESCO World Heritage Site. Requirements Volunteers must be at least 18yo. No formal education is required, but relevant qualifications are very much appreciated. Positive attitude, respect and an open mind are obviously very important, as well as an interest in discovering the Nepali culture. Safety issues Nepal is a very safe country, and at the moment there is NO political conflict. Even during the conflict, Nepal was never unsafe for volunteers; we hosted several volunteers from around the world during that period. All our long term projects are located in safe areas. You will stay with families that have hosted volunteers before, and you will be regularly in contact with FFI members. However, problems or misunderstandings may arise if you're not respectful of the culture you'll be living in. **Below are some important points to take into consideration:**

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1. You might stay in places where medical facilities are not as close as you're used to.
2. Don't walk alone at night, and bring someone trustworthy if you ever feel unsafe.
3. Don't walk alone in forests or any other isolated areas. Be careful near rivers, as they usually have strong currents. Don't go around with strangers, or people who were not introduced by FFN or the host family. Don't carry around huge amounts of money.
4. Write down the contact information of the family you'll be staying with (host father's name, address and phone number) and share it with someone in your home country.
5. Avoid alcohol or drugs, as the host family might be culturally sensitive towards those things.
6. Don't enter the host family's praying room or the kitchen without permission.
7. Communicate; feel free to talk with your host family about any discomfort or problems you may have regarding your stay, room and food (tell your host family about your likes and dislikes, and let them know whether you're vegetarian or not).
8. Don't forget to tell your host family if you're planning to eat out at least 2-3 hours before 9. Don't leave lights on in your room. Resources are very scarce in Nepal.
10. Keep your room tidy and clean.
11. Ask permission to your host family before using bicycles, radios, soap, detergents, TV's or books that may be in your room (repair or fix items you may accidentally break).
12. Keep your room locked every time you're out or away from home. 13. Wash your own clothes and plates.
14. Don't expect any western food when staying with your host family.
15. All modern means of communication are available in Nepal (internet, phone, etc); prepaid mobile SIM cards are easily available, but in the countryside reception is not always great.

**Fee: Office registration fee: 250€** - To be paid at the FFN office, covers airport pick up and drop off, 3 days orientation in Kathmandu, transportation from Kathmandu to the camp and back.

**Extra fee: 200€/month** - To be paid either to the local coordinator or to the FFN, covers meals and accommodation during your stay in Nepal.

**Language: English**

Summary Indoor and outdoor sports activities can have a positive impact on the mental and physical development of children. Volunteers can organize various indoor and outdoor activities for the underprivileged children and youth of community schools. Background Nepal is an underdeveloped country. Years of political conflict, poverty and lack of education have prevented the Nepalese people from getting the chances they deserve. At the Friendship Foundation Nepal (FFN), we believe it's our responsibility to help and try to improve those conditions, but improvements take time. To better a society you must first live in it. In order to change a country's conditions you must first experience those conditions firsthand. Only after experiencing them you can share your

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knowledge through teaching, sharing and interacting, which can in turn have a lasting effect on the local population. You might discover that living with a local family and adjusting to the Nepali lifestyle will have a lasting effect on you too. Work Mainly, the volunteer will be teaching Sports and/or Music to children between 6 and 15 years of age. However, since schools are always in need of teachers, it's possible for the volunteer to also teach Math, Science and English. In Nepal school goes from 10 am to 4 pm. The volunteer will teach 3-5 classes each day, with each class lasting 45 minutes. Saturdays are holidays, and Fridays are half-holidays. When not in school, you'll share your everyday life with the host family.

Accommodations: You will live with a Nepali family close to the school, and experience their hospitality, friendliness and immerse yourself in their unique lifestyle. You'll be welcomed as a member of the family and of the local community. At least one member of the family will speak English. Nepali houses are simple, with basic facilities (squat toilet, shower, kitchen, etc). Most families DO NOT have hot showers, but most of them have western style toilets. Just don't expect to find the same facilities as in your home country. You'll get your own room and the family will respect your privacy. In order to make the most of your experience in Nepal, we encourage to interact and socialise as much as possible with your host family and take part in their daily activities. You'll find cities to be more similar to your country, while in the countryside many Nepalese grow their own vegetables and typically own cows, buffalos, goats or chickens. You will be served food twice a day: breakfast around 9-10 am and dinner around 7-8 pm. You'll soon realize that tea is the most popular beverage in Nepal: whenever you visit a family you'll be offered a cup.

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**Language: English**

Please feel free to contact with us if you need anything more

**Friendship Foundation Nepal (FFN)**



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