



# VOLUNTEERING IN NEPAL



## Why volunteer with VIN?

VIN doesn't just serve the community, VIN is a part of the community. We work in partnership with grassroots organizations and the local community members. We take our work seriously and are committed to excellence in everything we do. This is the approach and attitude we practice in serving the local communities in Nepal.

Our mission is to empower marginalized communities through enhanced Education, Health & Environment, Income & Basic infrastructure improvement programs with a special focus on women and children by conducting training and research, mobilizing local and international volunteers to promote equality, economic well-being and basic human rights.

We work and collaborate hard to develop truly self-sustaining and self-sufficient individuals and communities.

## When in Nepal

Throughout your placement, you will have the full support of VIN. Your safety is our highest priority. On arrival you will be greeted at Kathmandu Tribhuvan International Airport and transported to your hostel/hotel (alternative arrangements can be made for those already in Nepal prior to the start of their placement).

## Induction

You will receive a comprehensive two-day induction, during which time you will be provided with information about your particular placement as well as general information, including basic Nepalese language and culture. This is also a good time to mix with other volunteers or interns who may be great sight-seeing companions and a source of support during your volunteer placement.

During the induction you will be accommodated in a hostel/hotel.

## How does a typical day look in a volunteer's life in Nepal with VIN (times are approximate)

Wake-up: 7am

Breakfast: 8.30 am

Volunteer Work: 10 am -4 pm

Dinner: 7 pm

**Accommodation: Host family**

A large part of the VIN experience comes from the immersion of a home stay with a Nepalese host family. While this is an essential part of the experience we also recognize that it can be a challenging one; becoming part of a new culture and becoming accustomed to facilities that will be more basic than those you are used to. However, all our host families are experienced in accommodating volunteers – although their ability to speak English will vary – and you will have 24-hour access to support from our staff members during your placement.

**We have 10 Program categories for volunteering & and internship;** Teaching Program, Children Development, Women Empowerment, Public Health, Environment and Conservation, Youth Empowerment, Public Interest, Management and Administration, Journalism, Adventure & Volunteer.

**Minimum length of volunteer stay: 2 weeks**

