



# ADVENTURE AND VOLUNTEER PROGRAM

Economically, Nepal is one of the poorest countries in the world and yet one of the richest in landscape, wildlife and culture. Nepal has been one of the top 10 destinations for adventurers. Year after year volunteers and trekkers come here to give their time and to experience all that Nepal has to offer. At VIN, we recognize that your time is precious and while you want to give it to help developing Nepal, you also do not want to miss the chance to explore. In response, we have designed the Adventure and Volunteer Programs, allowing you to volunteer and explore and trek safe in the knowledge that the staff at VIN have carefully arranged the details.

VIN Adventure and Volunteer Program allows you to participate in natural based activities which have the power to enhance lives in unique and positive ways. You get a chance to engage in Volunteer Trekking and Volunteer Travel Tour under this program. It helps you with healthy character development and self-discovery through challenge and adventure; and you will be giving back to the community in need while exploring the natural beauty of the country.

Nepal is home to eight of the ten highest mountains in the world. Since Nepal's borders were opened in 1949, this small, landlocked country has become the ultimate destination for trekking and volunteering to the adventurous global population. But the mountains are only one of the draws: explore the temples and stupas, for Nepal hosts some of the most important Buddhist pilgrimage sites in the world; explore the great rivers by kayak or raft; fly above Everest and the Annapurnas; paragliding in Pokhara or take a safari in the jungle landscape of Chitwan or enjoy the Himalaya from Nagarkot.

## **Volunteer Trekking**

At VIN we understand that our volunteers, in the limited time they have, want to experience the vast wealth that Nepal has to offer. We have worked hard with our partners in Kathmandu to provide a volunteer trekking service that can be combined with a short period of volunteering to form an unforgettable experience.

Little landlocked Nepal is home to eight of the ten highest of the world's mountains. Since the country opened her doors to in 1949, it has been the ultimate destination for mountaineers and trekkers from all over the world. Not only this, but the varied landscape and rich culture and wildlife continue to fascinate and entrance those who visit.

## **Volunteer Travel Tour**

At VIN we understand that you might only have a short time in Nepal. You are keen to volunteer but you want to experience the country's rich culture, history and geography. If your stay here is limited to two or three weeks, the Volunteer Travel Tour project is designed for you.

From the jungle of Terai to the spectacular wildlife of Chitwan National Park and upwards to the Himalayas, Nepal is a melting pot of landscapes, biodiversity and ethnicity, with 122 ethnic groups enlisted speaking more than 122 languages. While the pervading religion here is Hinduism, Nepal is also one of the spiritual and physical homes of Buddhism. You get a chance to experience all these during your volunteer travel tour.

During your volunteer / internship placement, there are many projects to become involved with. Help to encourage learning amongst children three to five, in one of our Early Child Education centers or work with older children, teaching English or giving life skills training in one of our Children's Clubs, you might want to work with the women of the community or do something different altogether, retreating to a monastery to teach English to Buddhist monks. You may choose what interest you the most, VIN will try to match your choice based on the need and availability of the placement.

Then, explore Kathmandu and its sister towns, taking in temples and stupas before heading to the hillside settlement of Nagarkot to watch sunset to sunrise. Spend two nights in Chitwan National Park, where you might see a one-horned rhino, gharial or even see a tiger.

### **Volunteer Trekking**

01/03/2014 to 03/04/2014

Volunteer Testimonial: John Michaelis, Australia

Arriving in Nepal with no expectations and very little knowledge of the country, culture or Nepali people was always going to be a challenge, or so I thought! Signing up to a volunteer program with Volunteers Initiative Nepal (VIN) was the best thing I ever did. They made everything easy and created an awesome experience which will stay with me forever.

Everything was so organized. Flying into Kathmandu at midnight, after 24 hours in transit from Sydney Australia, you are greeted with a smiling face by VIN and taken to your hotel without a worry in the world. The next morning you are introduced to your fellow VIN volunteers forming a bond that will last well past your time in Nepal. The three- day induction program covered everything from cultural do's and don'ts to learning to speak Nepali and also Nepali history, politics and general survival tips.

I was lucky enough to start my program with a twelve-day trek in the Himalayas to Everest Base Camp. It was an amazing adventure with breathtaking scenery and soul-searching tranquility. Out of condition and without any trekking experience the challenge was worth it. Visiting Buddhist Monasteries, passing Yak herds, raging rivers and huddling around Yak dung fueled fires were just some of the highlights. The best bit was I made it all the way to Everest Base Camp! Unbelievable! Raising over \$4,000 along the way for VIN projects made it just that little bit more special.

On my return from Everest I became involved in the Youth Empowerment program. This was a wonderful insight into the challenges and hardships facing Nepali youth. Without work in their communities the youth are forced to leave their families and travel to other areas and even out of Nepal just to survive. Staying with a local family was a great way of experiencing everyday life in rural Nepal. The warmth and generosity of the local Nepali people was overwhelming.

I was also lucky enough to work with a local VIN supported orphanage. If you love working with children as I do then this is by far the most rewarding experience you can have. The children are all wonderful and love having visitors to practice their English on and help them with their homework. The real plus is just playing with the children and giving the house mother some well-deserved respite whilst putting smiles on the children's faces. Eating, sleeping and waking with the children was fabulous and the bonds that were made with each individual child made it so difficult to leave.

During my stay VIN also organized a tour to Chitwan where elephant safaris, rhino and tiger spotting and leisurely canoe trips were all part of the adventure. A nice break.

Without doubt working with Volunteers Initiative Nepal will change your life, and all those that you touch on your journey, forever. An awesome experience – Highly recommended!

