



Volunteer in Orphanages in Nepal - Work with children at orphanages, learn Nepali, and explore the kingdom of Nepal

Översikt

Upon your arrival into the beautiful country of Nepal, volunteers will have an orientation in the capital city of Kathmandu and the ancient city of Bhaktapur. During this time, you have the chance to explore the Kathmandu Valley, live with a host family, learn some basic Nepali and visit many of the local sights. You will then be placed at one of the project locations where you will work with children at care homes and orphanages.

Nepal is a developing country where more than 40% of the total population lives below the most basic poverty line. Thousands of small children are deprived of educational opportunities in Nepal because of many social issues and the lack of schooling opportunities.

Projektet

Children's Homes - Every year hundreds of young children are abandoned in Nepal's towns and cities, left to fend for themselves penniless, hungry and alone. Some are found sleeping rough, others are 'sprung' from wretched work conditions. Others, even younger, are left destitute, abandoned by parents or a single parent who is herself probably an orphan that are too desperate to provide. These children are without education and other opportunities, without somewhere to belong and without grown-ups they can trust and rely on; deprived of love and hope. Much of the focus GVI brings to the children's home is emphasis on extra education but the need is also to help create a caring and positive environment. Besides teaching, good children's homes are structured to develop competence and life-skills in the children and a strong sense of fellowship and social responsibility. While helping to create the aura of a happy home, GVI volunteers participate in health education, games, drawing, painting, games, music and sports.

Please note that it will be up to the project staff and the volunteer together to decide on the most appropriate placement, depending on your previous skills and experiences, as well as your interests. Below is a description of each of the project locations.

POKHARA

GVI's two wonderfully happy and positive children's homes in Pokhara need our continued support:

The Big Children's Home has 32 children (a few more boys than girls), who each have insatiable appetites for life, knowledge and activities. A volunteer's role here is to support them with their school homework, encourage their enthusiasm for speaking English, and organising recreational activities they can enjoy. If you think this doesn't sound that busy, think again, as duties also include escorting the children to/from school and helping them with chores around the home. Thus the volunteer's involvement is pretty total, as are the rewards. You will have plenty of guidance from staff like Tulbir and Dilip.

The Small Children's Home's aims and structure are much the same. Ganga and Thak have 19 Children (girls and boys) and a truly homely house and ambiance. The children's enthusiasm seems boundless, helping the volunteer to be drawn into every facet of family life. Volunteers also have a life away from the homes, for accommodation is nearby in GVI's comfortable facilities, which have good meals and a friendly team environment. Pokhara itself has its famous lake-side setting and is the 'Gateway to the Annapurnas', where those that have chosen to will trek.

CHITWAN

Chitwan is the lowland sub-tropical jungle region of Nepal that has the entire Nepal Himalayas distant on the northern skyline. Close to the National Park famed for its one-horned Asian rhino and Bengal tiger, is the village of Chitrasari. Here, volunteers will supply very hands-on support to children who until very recently had a very raw deal, but who now are a family putting back the essentials of being and feeling secure. Perhaps of all the GVI Nepal volunteering placements, this is where true practical compassion is required first amongst your attributes. Volunteer involvement is as much here as in Pokhara and can extend into assisting in the local schools.

The children live a very simple life, without sufficient space for a volunteer. Thus at present volunteers are accommodated a cycle-ride away at lodgings provided by a park visitors' facility. Although there is no provision for close involvement with the workings of the National Park, association with rangers and guides can bring you into closer contact than is available to the ordinary visitor. N.B: activities here can be subject to monsoon conditions in July and August.

Några av barnen



Tidigare volontärer berättar

"Lorraine and Majella here emailing you from Nepal! We are flying home tomorrow much to our disappointment!!! We have had a fantastic time here and have been so well looked after from the moment we arrived! The staff here have been wonderful and so accommodating! The introduction week is a terrific idea to allow you to settle into the country and explore their extensive culture. It is also a great way to get to know the other volunteers! We've made great friends from our experience in Nepal. The Nepali people are amazing people we can not speak highly enough of them! We have already planned to return!!!

We had a memorable time on our placements in Pokhara. We worked between the Child Care Centre and The Children's Welfare Association. The children were fantastic! Can't wait to visit them again. We have decided where to spend our extra fundraised money and the majority is going to go on extending the Child Care Centre and build a new kitchen for them. We are delighted to have the money going to something concrete. We spent the rest on small projects in Pokhara and Kathmandu. We are delighted that it is all going to great causes.

Thank you for all your help and assistance in the preparation for here!!!! It has been a life changing experience."

Lorraine and Majella

"Well what do I say about my time in Nepal but the only word I can use is magical. From the time you arrive at the airport in Kathmandu till the time you leave, you are looked after superbly. The activities that go along with the volunteering are amazing, the trek, rafting and the visit to Chitwan. All the staff and fellow volunteers I met during my time in Nepal were so friendly and supportive, you really feel part of the family.

The volunteering is certainly an experience and gets you to grips with Nepal and its amazing culture. I volunteered in Pokhara at a small orphanage the children were great fun and truly inspiring. The accommodation was amazing a nice bed and en-suite bathroom not what I expected from Nepal. I think the programme is great for first time travellers as it offers the excitement and challenge of travel with lots of help and support. I would recommend this project to anyone as Nepal is truly beautiful. That might be the reason why I cannot leave I have been here for 5 months. So come and see for yourself."

Carol Bromell

Glada barn



Vilken skillnad gör detta projekt?

Aside from providing invaluable help with hands on work at the orphanages and children's homes, volunteers are a vital source of funding. Through volunteer contributions, funds are made available to the different projects with which GVI works. This especially applies to the children's homes, most of whom have very limited resources and no regular income.

Höjdpunkter

Being immersed in the Nepali culture; learning the language and culture during the orientation in Kathmandu; teaching and helping incredible children across the country; optional side trips such as white water rafting, trekking and for those that stay for 6 weeks or longer an opportunity to search for rhinos and tigers on an elephant safari.

Plats

Nepal is a majestic country full of cultural diversity and chances to enjoy a range of outdoor adventures. High up in the Himalaya Mountains of Nepal, you will have your orientation in the city of Kathmandu, before you then move onto the ancient city of Bhaktapur. You will have a chance to explore the Kathmandu Valley and its many temples, enjoying the trekking and white water rafting on your way. You will then be placed at one of the project locations around this beautiful country and will gain a personal insight into the Nepali people and culture during your stay.

Ute i fält

During orientation volunteers have the opportunity to be accommodated in home-stays with a local family. This provides a great chance to experience the real culture of Nepal, and even master a few Nepalese recipes! Volunteers will adopt a simple life with shared rooms (same gender) and access to basic amenities (water used when needed and electricity not guaranteed).

Following the orientation period, volunteers will live in GVI apartments, sharing with other volunteers. Basic, but comfortable and well equipped it will allow the volunteers independence to become members of the local Nepalese community.

Livet på projektet

This volunteer period is divided into two phases; Orientation and Placement. For those doing the optional side trips there is also a recreational phase.

Orientation Phase: Four days spent in the region of Kathmandu and the countryside of the Kathmandu Valley, staying in family home-stays. Each morning you will work on basic Nepali language skills and then explore the Kathmandu Valley with all its amazing sights, great monuments and rich cultural heritage.

Placement Phase: You should now be feeling pretty well-equipped to start your volunteering placement period. The locations and roles of volunteers will vary and will be based on the most suitable, available placement, as well as attributes and preferences of the volunteer. The placements themselves will, for the most part, be individual ones, however the living quarters provided during this period are usually shared with other GVI volunteers.

Recreational Phase: There are three optional side trips that offer some of the best activities on offer in Nepal. For more information on these please see 'further information'.

* Two days rafting the white-water of the Trisuli River – including an overnight stay at a riverside camp.

* Four days trekking in the Annapurna's - the group will assemble in Pokhara, ready to set off the next day on a unique four night trek high into the Annapurna Mountains. Here too, you will be very in-touch with the village people of the High Himal.

* Elephant safari in the Royal Chitwan National Park – enjoy 2 nights at the Royal Chitwan Hotel and look for tigers and rhino's on safari.

End of Stay: Return to Kathmandu for the night, then depart.

Annat att göra

For those wishing to see a bit more of Nepal you may consider booking up some or all of the optional side trips. If you do opt to do these trips they take place during your time on the placement. Further details are listed below.

Royal Trek

Day 1: Pokhara-Kalikasthan (O/nt Altitude 1,419m /4 hrs trek approx.) Morning rendezvous in Pokhara at Base Camp for a hearty breakfast. Afterwards we are dropped by vehicle at the start point of our trek. The trail leads away from the bustle of urbanisation up into the foothills of the Annapurna Range. Already one has a real sense of space and clear air and soon we attain heights which offer views down to the Bijayapur River and Begnas Lake, and up to Machhapuchare and the entire Annapurna range.

Day 2: To Lipiyani (O/nt Altitude 1,100m/4 hrs approx.) Today there is great hiking up and down hills, along ridge tops and through villages where we enjoy pleasant tea stops. We're almost always in the shadows of mighty mountains including Annapurna II, Manaslu and Lumjung, and our love affair with Machhapuchare continues.

Day 3: To Chisapani (O/nt Altitude 1,100m/4.5 hrs approx.) We're within sight of the same mountains yet the views constantly change. Tracks make for relatively easy climbing and hiking – though little is ever really 'easy' when trekking in Nepal.

Day 4: To Pokhara (3 hrs trek approx.) An early morning wake-up call and climb back up to the ridge-top to view the dawn. The sun, rising in the east, strikes the mountain peaks, turning each in turn pink and gold. It's a breathtaking sight. After breakfast we descend (2 hrs approx.) to reach the area between Rupa and Begnas; to reach rice paddies and easy walking. We pause for lunch at Sundaridada then rejoin our transport for a short ride (1.5 hours approx.) back to our Pokhara Base Camp. End of Expedition.

White Water Rafting on the Trisuli River

Big bouncy waves, hefty holes, and tricky chutes all go towards making an exhilarating ride to remember with a combination of Grade II+ and III+ rapids with some IV's in the post-monsoon season....rapids such as 'Snell's Nose', 'Teen Devi', 'Ladies Delight', 'Upset' and the aptly named 'Surprise' rapid.

This fun river and its green valley are just 2½ hours from Kathmandu. Our overnight is at The Trisuli Centre tented camp at Big Fig Beach, certainly the choicest spot....Bar-B-Que, candle light and camaraderie. The following day rafting continues until lunch, before onward transport to your volunteer placement.

You will travel 40kms over 2 days and the trip includes an overnight at the Trisuli Centre river camp. The rapids range in grade from III-IV.

Jungle Safari (Chitwan)

Chitwan National Park lies at the foot of the Himalaya on the plain known as The Terai. The National Park is nine hundred square kilometres of virgin rainforest, grasslands and lakelands on Nepal's border with India.

This is habitat of the Bengal Tiger (only sometimes seen), the rare Asian Rhino, the ferocious sloth bear, a number of species of deer, the mugger and rare gharial crocodiles, a myriad of beautiful birds and much other wildlife.

An elephant-back foray into the park provides an opportunity to study the rhino at very close quarters and our guides give a most useful and interesting insight into all this along with the Tharu people's interaction with this their shared environment.



Utflykt till elefant

Foton från projektet



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