

Banepa international work camps 2020-21

April	01-14/4/2020	Banepa	Forest Community	BNP-01
May	01-14/5/2020	Banepa	Forest Community	BNP-02
June	01-14/6/2020	Banepa	Forest Community	BNP-03
July	01-14/7/2020	Banepa	Forest Community	BNP-04
August	01-14/8/2020	Banepa	Forest Community	BNP-05
September	01-14/9/2020	Banepa	Forest Community	BNP-06
October	01-14/10/2020	Banepa	Forest Community	BNP-07
November	01-14/11/2020	Banepa	Forest Community	BNP-08
December	01-14/12/2020	Banepa	Forest Community	BNP-09
January	01-14/01/2021	Banepa	Forest Community	BNP-10
March	01-14/03/2021	Banepa	Forest Community	BNP-11

Summary	<p>We are working to better the conditions of the Sinegal village community in the Kavre district, near Banepa. We're assisting in the development of effective agricultural methods. We will be developing environmental awareness and community forestry. We are working together with the local community to build a community house that can be used for various activities or for shelter in case of emergency.</p>
Background	<p>The Sinegal village is located in the Kavre district, at an altitude of 1800 m, about 30 km east of Kathmandu. Our activities take place around Banepa, a town just an hour bus ride away from Kathmandu. Nature is all around and the air here is far better than in the bustling capital.</p> <p>Banepa offers amenities like restaurants with Wifi, pharmacies, grocery stores, etc.</p> <p>After the earthquake, a lot of buildings were destroyed. The local population needs help in the rebuilding of the village.</p>
Work	<ul style="list-style-type: none"> - Building a water tank and a well, for clean water access - Construction of a seniors home, organisation of daily activities for seniors, creation of a garden near the community house - Help with the empowerment of women, to prepare them for the job market - Further develop the community house, with the creation of a rooftop space to be used as meeting space - Construction of a firebreak in the surrounding forest - Rebuilding of a Hindu temple in the Banepa village - Construction of a wall around the local primary school - Repair of wooden shelters for the local community
Accommodation	<p>Simple accommodations in a camp house. Volunteers will enjoy three traditional meals a day, mostly the Nepalese traditional <i>Dhal Bhat</i> and take turns in cooking and doing chores. Showers are available with cold water.</p>
Other activities	<p>To be organised by the volunteers themselves in concert with camp leaders. There are many opportunities to explore the surrounding area, such as the temples in Panauti City (listed as World Cultural Heritage Sites by UNESCO) or visits to Bhaktapur, Dhulikhel and many others.</p> <p>There's also the opportunity to take a two-days trekking trip to Namobuddha or Nagarkot. The cost will be around €50, food included.</p>
Location	<p>Banepa - 11, Sinegal, Kavrepalanchok, Nepal</p>

What to bring	Souvenirs for children from your home country, seasonal clothing, sleeping bag, camping sleeping pad, work gloves, trekking shoes, mosquito net, mosquito repellent, music, reading material, pictures of your home country
Requirement	Positive attitude, respect and an open mind are all that is required
Participation fee	225 €
Language	English

Lamjung international work camps 2020-21

April	05-18/4/2020	Lamjung	Construction/Physical	LAM-01
May	05-18/5/2020	Lamjung	Construction/Physical	LAM-02
June	05-18/6/2020	Lamjung	Construction/Physical	LAM-03
July	05-18/7/2020	Lamjung	Construction/Physical	LAM-04
August	05-18/8/2020	Lamjung	Construction/Physical	LAM-05
September	05-18/9/2020	Lamjung	Construction/Physical	LAM-06
October	05-18/10/2020	Lamjung	Construction/Physical	LAM-07
November	10-24/11/2020	Lamjung	Construction/Physical	LAM-08
January	16-29/01/2021	Lamjung	Construction/Physical	LAM-09
February	06-20/02/2021	Lamjung	Construction/Physical	LAM-10

Summary	We will be working in the construction of a fence around the school to protect against landslides, mudslides and cattle, as well as a playing field for children and a space for the community to hold gatherings.
Background	Sirubari is a village located in the Lamjung district, about 200 km west of Kathmandu, surrounded by beautiful hills. During the monsoon the area is often affected by landslides and mudslides, as well as cattle entering the school grounds.
Work	<ul style="list-style-type: none"> - Construction of a fence around the school to prevent cattle from entering the school grounds - Digging out and building a playing field for the children of the village to play in - Construction of an area for the community to hold gatherings - Organise and provide educational activities whenever the rain prevents outdoor work, such as teaching English, Math, Sports and/or Music at the local schools
Accommodation	Simple accommodations with a local family. Volunteers will enjoy three traditional meals a day, mostly the Nepalese traditional <i>Dhal Bhat</i> and <i>Tarkari</i> , and take turns in cooking and doing chores. Showers are available with cold water.
Other activities	Saturday is the day off. We recommend taking a trip to the Bharte village, located on top of the mountain. From there, you can enjoy a great panoramic view of the valley and the whole Annapurna Mountain range. Other suggestions include a jungle Safari in the Chitwan National Park (roughly 120 km from Sirubari) and trekking in the Annapurna area. FFN will help you with the organisation of all the different activities.
Location	Dordi Gau Palika word no-1, Sirubari, Lamjung, Nepal
What to bring	Souvenirs for children from your home country, seasonal clothing, sleeping bag, camping sleeping pad, work gloves, trekking shoes, mosquito net, mosquito repellent, music, reading material, pictures of your home country

Requirement	Positive attitude, respect and an open mind are all that is required
Participation fee	225 €
Language	English

Kathmandu international work camps 2020-2021

November	16-29/11/2020	Kathmandu	Agriculture	KTM-01
December	10-24/12/2020	Kathmandu	Agriculture	KTM-02
January	16-29/01/2021	Kathmandu	Agriculture	KTM-03
February	16-29/02/2021	Kathmandu	Agriculture	KTM-04

Summary	The goal is to provide the local population with access to organic agriculture
Background	There are big issues concerning the use of chemical products in agriculture, such as pesticides. These kinds of chemicals affect public health. The goal is to provide the local population with an alternative way of sustaining themselves while involving the whole family in the work and providing healthier food options.
Work	<ul style="list-style-type: none"> - Nursery to grow plants and crops - Teaching the local population how to plant and grow healthy vegetation - We will be providing different kinds of seeds, which can be shared with other families as well to provide a means of sustenance
Accommodation	Simple accommodations with a local family. Volunteers will enjoy three traditional meals a day, mostly the Nepalese traditional <i>Dhal Bhat</i> and <i>Tarkari</i> , and take turns in cooking and doing chores. Showers are available with cold water.
Other activities	In the evening we will be discussing about different topics, such as liberty of expression, women empowerment, peace and so on. Volunteers will enjoy two days off each week. Kathmandu offers a wide variety of amenities, such as restaurants with wifi, pharmacies, grocery stores, shopping opportunities. Kathmandu, also known as the City of Temples, is home to many UNESCO Cultural Heritage Sites.
Location	The work camp is 13 km away from the Kathmandu airport and 7 km away from the Thamel area (city central district), in a small village.
What to bring	Souvenirs for children from your home country, seasonal clothing, sleeping bag, camping sleeping pad, work gloves, trekking shoes, mosquito net, mosquito repellent, music, reading material, pictures of your home country
Requirement	Positive attitude, respect and an open mind are all that is required
Participation fee	225 €
Language	English

Daman international work camps 2020-2021

Short Term work camps				
June	06-19/06/2020	Daman	Walk with Nepal	STV-01
July	01-14/07/2020	Daman	Walk with Nepal	STV-02
July	16-29/07/2020	Daman	Walk with Nepal	STV-03
August	01-14/08/2020	Daman	Walk with Nepal	STV-04
August	16-29/08/2020	Daman	Walk with Nepal	STV-05
September	01-14/09/2020	Daman	Walk with Nepal	STV-06
September	06-20/09/2020	Daman	Walk with Nepal	STV-07
September	16-29/09/2020	Daman	Walk with Nepal	STV-08
October	06-20/10/2020	Daman	Walk with Nepal	STV-09
November	06-20/11/2020	Daman	Walk with Nepal	STV-10
December	06-20/12/2020	Daman	Walk with Nepal	STV-11
January	06-20/01/2021	Daman	Walk with Nepal	STV-12
February	01-14/02/2021	Daman	Walk with Nepal	STV-13

Medium Term work camps			
01/07-29/09/2021	Daman	Walk with Nepal	MTV-04
16/07-29/08/2021	Daman	Walk with Nepal	MTV-05
16/07-14/09/2021	Daman	Walk with Nepal	MTV-06
01/08-14/09/2021	Daman	Walk with Nepal	MTV-07

Summary	We keep walking with your support and the help you provide for our camps is very important to the "Walk with Nepal" project, after the 2015 earthquake. Let's rebuild the community centre in a small mountain village!
Background	FFN and NICE Japan have been cooperating in the organisation of special work camps for "Walk with Nepal" since the earthquake in 2015. The reconstruction of the community centre is urgently needed. We will provide the local community with a e-library, seminar and meeting rooms. Until now, 60% of the ground floor has been rebuilt (20.000€ have been collected thanks to donations). 9.000€ are still needed, and participation would help greatly. We welcome any contribution!
Work	<ul style="list-style-type: none"> - Rebuilding the community centre - Provide health and sanitary education to children - Provide physical education - Provide disaster prevention education
Accommodation	Volunteers will stay in a school communal room or with a host family, and will take turns in cooking meals. When possible, accommodations can be arranged for 1-2 nights with the local community.
Other activities	Short walk to the local Patal hilltop, visits to neighbouring villages and temples, walks to Markhu where you can enjoy the Himalayan panorama, historical Chitlang palace, visits to Chitwan National Park (150 km from Palung).
Location	Daman is a small village in the Thaha Municipality, Makwanpur District, in central Nepal. It lies about 100 km southwest of Kathmandu, at an elevation of 2320 meters.

What to bring	Seasonal clothes, sleeping bag, work shoes and gloves, raincoat if summer, work clothes, musical instruments, games, recipes, pictures of your home country. Pencils, pens, books, notebooks, textbooks for the local children are highly appreciated and can be bought in Kathmandu before departing for the camp.
Requirement	Positive attitude, respect and an open mind are all that is required
Participation fee	Short Term: 225 € Medium Term: 250 € fee + 150 € monthly for food and accommodation
Language	English