Long And Midterm volunteer program 2020  
(LAMP– Nepal)

FFN-LMTV– Sports and Music

<table>
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<th>Type of work</th>
<th>Teaching sports and/or music from two to five months ….</th>
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<td>Location</td>
<td>Inside the Kathmandu valley, Pokharadistrict in community basic school.</td>
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<td>Accommodation and food</td>
<td>Local family and typical Nepali food</td>
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| Date         | 2-5 months throughout the year  
               According to your time table. |
| Duration and work hours | 5-6 hours of work each day. 6 days a week |
| Requirements | Good motivation and English language. No formal qualifications needed. |
| Beneficiaries | Host family. Local school and its students |
| Fee          | office registration fee: 250/euro Nonrefundable (to be paid during the orientation seminar in the beginning of your stay)  
               Monthly fee for food and lodging: 150 euro in Nepali rupees) |
| Number of volunteers | Maximum two at the same time |

Teaching sports:
Indoor & outdoor sports activities make positive impact on mental and physical growth of children. Volunteers & interns can organize various indoor and outdoor sports activities for the underprivileged community children and youth. This program is conducted in the community schools. This is a great opportunity for you to make new friends and teach something you know our local co-coordinator will always ready help you to make your time interesting and meaningful.

Cultural culture and Dance:
FFN also think while you are in Nepal so why not you also experience about the culture and Dance about Nepal our local partners will arrange you all these things upon your demand Culture learning and experiencing dance

Teaching and living with local family
Do you want an authentic experience of Nepal? Encounter ways of living very different from your own? And do you want to make a difference at the same time? Long Term volunteering makes these things possible.
Nepal is an underdeveloped country. Years of political conflicts, poverty, and lack of education has prevented the Nepalese people from getting the chances they deserve. At the Service volunteer Nepal, we believe it to be our responsibility to help and try to make these conditions better. Improving such things takes time. To better a society, you must live in this society. In order to change a country’s conditions, you must first adjust to these conditions yourself. Only after experiencing these things firsthand can you share your own knowledge through teaching, communicating, and interacting, which in turn can leave a lasting effect on these people. You might find that living with a local family and adjusting to Nepali life has a lasting effect on yourself as well.

This is what you will do:
You’ll mainly teach sports and/or music Education to children between 6 and 15 years of age. However, the schools are always in need of more teachers and it would also be possible to teach such subjects as English, Mathematics and Science. In Nepal the school day starts at 10:00 am and finishes at 4:00 pm. You’ll have 3-5 classes each day, each class lasting 45 minutes. In Nepal, Saturdays are holidays and Fridays are half-holidays. When not in school, you will share your everyday life with your host family.

Where will you stay?
We provide living accommodations to the cities in Nepal: Kathmandu Valley or Pokhara depending your interest.

This is how you’ll live:
You will stay with a Nepali family close to the school. When you are living with a Nepali family, you’ll experience their hospitality, friendliness and unique way of life. You will be welcomed as a member of the family and as a member of the local community. At least one member of the family will be able to speak English.

Nepali houses are simple: very basic facilities (i.e. heating system, shower, cooking, washing methods, toilet and bathroom etc). Most families do not have a HOT shower, but most of them have bathroom and toilet, so please do not expect facilities like in your own country! You’ll get your own single room and the family will respect your privacy. In order to make the most of your Nepalese experience, we encourage you to interact and socialize as much as possible with the local families and take part in their household activities. In the cities, you’ll find similarities to your own country. In the countryside, many Nepalis grow their own vegetables and have buffaloes, goats and chickens.

You will typically be served food twice a day: a heavy breakfast around 9am and dinner around 7pm. Soon you will realize that tea is very popular: when you visit a family, they will welcome you by serving tea! Every family can host up to two persons.

When and how long?
Between 2 and 5 months. It takes time to adjust and get used to it. We advise you to stay as long as possible.
You will start on the first Monday of each month.

What do you need?
You have to be at least 18 years old. You don’t need to have any formal education in teaching, but any relevant qualifications are appreciated, and you are encouraged to use them!
The most important is a GOOD MOTIVATION! You have to have a will to learn and a desire to teach. Since you will be living with Nepalese people, you also have to have an interest in the Nepalese culture.

What do you need to bring?
Seasonal clothes, sleeping bag, comfortable footwear, mosquito-net, music player, reading materials and/or photographs from your own country. You can take sport or music materials. What you can take by plane. Here they don’t have a lot of materials so do you need to have a good imaginative spirit...
Such materials as pencils, pens, books, and text books for the local kids are also greatly appreciated and can be bought for a reasonable price in Kathmandu prior to departure.

Before the project starts:
Before you leave, we strongly suggest that you attend our 3-day orientation seminar at the Training Center in Kathmandu. It aims to provide you with basic knowledge about the Nepalese education system, culture, dress, food, and detailed information about the project, the school, Nepali language classes, and much more. The orientation seminar will start on the first Monday of each month but can be arranged differently according to each person’s respective travel itineraries. During the Orientation days, you’ll stay at our dormitory in Kathmandu along with the other volunteers waiting to go to their placement. Every morning and evening you’ll eat together with staff from the FFN.

Monitoring and evaluation:
Our Long Term Volunteer Project Coordinator will be in touch with all Long Term Volunteers on a weekly basis. He will monitor all Long Term projects while the volunteers are working and also organize a final evaluation meeting with them. Should there be any questions, please don’t hesitate to call or email.

What do you need to pay?
1. Office registration Fee: 250 Euro - the fee covers the airport pick up and drop and the 3 days Orientation in Kathmandu, two way transportation from Kathmandu to the project site, and back to Kathmandu when the project finishes.
2. 150 euro/month will be for the family for your three meal day and accommodation during your stay in Nepal.
Registration fee you have to pay to the FFN office: the family you can pay through the local coordinator or in our office before go the host family.

Communication:
Nepal is a comfortable country: you can get all modern communication facilities here (i.e. telephone, Internet, post office etc.). Pre-paid mobile SIM cards are easily available at the market as well. In the country-side, it may not always be possible to get connection.

Safety Issues:
We believe that when you are away from your own home you can still have a home away from home in Nepal. It is a very safe country and at the moment and there is NO political conflict in Nepal. Even during the conflict period, Nepal was never unsafe for volunteers: we hosted several volunteers from around the globe during that period. Our long term projects are located in safe areas. You will also be staying with a family who has hosted international volunteers before and you will be in regular contact with FFN staff. However, problems or misunderstandings can occur if you do not respect the culture you are living in.
Listed below are some points worth taking into consideration:

1. You might stay in a place where medical facilities aren’t as close to you as you’re used to.
2. Please don’t walk alone during the evening and bring a trustworthy person if you feel unsafe.
3. Don’t walk alone in the forest or any other isolated area. Be careful near the rivers. They have a very strong current. Don’t go with any unknown persons not introduced by the project or host family. Never carry unnecessary huge amounts of money with you while in the village.
4. Please write down the information of the family you will be staying with (father’s name, address and contact number) and send it to a contact person in your home country.
5. Please avoid alcohol or drugs as the host families might be culturally very sensitive to these things.
6. Please don’t enter the praying room and kitchen of the host family without asking for permission.
7. Communicate: feel free to talk with your host family about any discomfort or problems you have regarding your stay, room and food (please tell your host families about your likes and dislikes and let them know if you are a vegetarian or not).
8. Don’t forget to tell if you are going out to eat at least 3 hours before.
9. Don’t leave the electricity switches on in your room. Resources are very scarce in Nepal.
10. Keep your room tidy and clean.
11. Please ask permission from your host family to use their facilities like bicycle, radio, soap, washing detergent, television, even books if they are in your rooms. (Please repair or fix items if it gets broken, punctured etc.)
12. Please keep your room locked when you are going outside or far from the family.
13. Please wash your own clothes and plates (after eating)
14. Please don’t expect any western food when staying with your host family.
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