Long And Midterm volunteer program 2020
(LAMP- Nepal)

FFN/LMTV-Waste management:
Nepal is a beautiful country and we hope to keep it clean and green forever. FFN already practice to manage waste management program focuses on the cleanliness and beauty of local community. At the moment, you may see people littering everywhere. The local and international volunteers are encouraged to come together to achieve the aim of a clean environment. You may get involved in hands on volunteering by collecting trash and also educating people on waste management system, teaching villagers, making composting and teach how to use recycle bean by separate paper plastic and waste food.

<table>
<thead>
<tr>
<th>Type of work</th>
<th>Teaching at school about recycle system and how to dispose the waste management.</th>
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<tbody>
<tr>
<td>Location</td>
<td>Kathmandu Valley</td>
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<tr>
<td>Accommodation and food</td>
<td>Local family and typical Nepali food</td>
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<tr>
<td>Date</td>
<td>2-5 months throughout the year</td>
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<td></td>
<td>According to your time table.</td>
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<td>Duration and workhours</td>
<td>5-6 hours of work each day, 6 days a week</td>
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<td>Requirements</td>
<td>Good motivation and English language. No formal qualifications needed.</td>
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<td>Beneficiaries</td>
<td>Host family, local school and its students</td>
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<tr>
<td>Number of volunteers can apply</td>
<td>No limit we need more and more volunteers</td>
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<tr>
<td>Fees</td>
<td>Nonrefundable office registration fee: 250 euro (to be paid during the orientation seminar in the beginning of your stay) Monthly costs for food and lodging: 150 euro in Nepali rupees</td>
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Living with local family
Do you want an authentic experience in Nepal? Encounter ways of living very differently from your own?
And do you want to make a difference at the same time?

Long term volunteering makes these things possible.
Nepal is a developing country. Years of political conflicts, poverty, and lack of education has prevented the Nepalese people from getting the chances they deserve. At FFN, we believe it to be our responsibility to help and try to make the people’s living conditions better. Improving such things takes time. The best way to work at improving a society is to live in it. In order to change a country’s conditions, you must first understand these conditions yourself, and the best way to accomplish this is to share with local people’s lives. Only after experiencing these things firsthand you can share your own knowledge through teaching, communicating, and interacting, which in turn can leave a lasting effect on local people. And you might find that living with a local family and adjusting to Nepali life has a lasting effect on you as well.

Where will you stay?
We provide living accommodations all over Nepal. Depending on your interest, you can choose to stay in or around the Kathmandu Valley, Pokhara, Tanahun, Lamjung, Chitwan, Makwanpur or Nawalparasi district. You can stay in secluded villages where people live in very traditional ways and thrive from farming. This is a great opportunity to explore the real rural Nepal. You can also opt for a more urban and modern Nepal experience in the bustling and fast-growing cities like Kathmandu and Pokhara.

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 Nepalese 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 must 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. 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 3days 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.
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).

Don’t forget to tell if you are going out to eat at least 3 hours before.

Don’t leave the electricity switches on in your room. Resources are very scarce in Nepal.

Keep your room tidy and clean.

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.)

Please keep your room locked when you are going outside or far from the family.

Please wash your own clothes and plates (after eating)

Please don’t expect any western food when staying with your host family.

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Our postal address in Nepal is as follows:

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